



In your box

2 Dill Sprigs
12 oz. Green Beans
2 Garlic Cloves
1 Lemon
2 oz. Sour Cream
1 oz. Grated Parmesan
½ oz. Slivered Almonds

Customize It Options

12 oz. Salmon Fillets
16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
12 oz. Sirloin Steaks
13 oz. Boneless Skinless Chicken Breasts
13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, tree nuts (almonds)

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet,
Medium Oven-Safe Non-Stick Pan,
Mixing Bowl

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Salmon with Dill Crema and green beans amandine

NUTRITION per serving—Calories: 583, Carbohydrates: 16g, Sugar: 7g, Fiber: 6g, Protein: 45g, Sodium: 1351mg, Fat: 41g, Saturated Fat: 11g
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

30-40 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **dill**

Customize It Instructions

- If using **chicken breasts**, pat dry and season both sides with a pinch of **salt** and **pepper**. Follow same instructions as salmon in Step 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **sirloin steaks**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Step 3, cooking until steak reaches minimum internal temperature, 5-7 minutes per side.
- If using **ribeye**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Step 3, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Halve to serve.



1. Prepare the Ingredients

- Trim ends off **green beans**.
- Stem and mince **dill**.
- Zest and halve **lemon**. Cut one half into wedges and juice the other half.
- Mince **garlic**.
- Pat **salmon** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



2. Start the Green Beans

- Place **green beans** and **garlic** on prepared baking sheet and toss with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into green beans.
- Spread into a single layer and roast in hot oven until lightly browned, 10-12 minutes.
- Carefully remove from oven. Green beans will finish cooking in a later step.
- While green beans roast, cook salmon.



3. Roast the Salmon

- Place a medium oven-safe non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **salmon** to hot pan, flesh side down, and sear until browned, 2-4 minutes.
- Flip salmon, and place pan in hot oven. Roast until salmon reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- Carefully remove from oven.
- While salmon roasts, finish green beans.



4. Finish the Green Beans

- Top **green beans** with **Parmesan**, **almonds**, and a pinch of **salt**.
- Roast again until green beans are tender, 7-9 minutes.
- While green beans roast, make dill crema.



5. Make Dill Crema and Finish Dish

- Combine **sour cream**, **dill** (reserve a pinch for garnish), 1 tsp. **lemon juice**, 1 tsp. **olive oil**, ¼ tsp. **lemon zest**, and a pinch of **salt** and **pepper** in a mixing bowl.
- Plate dish as pictured on front of card, garnishing **salmon** with dill crema and reserved dill. Squeeze **lemon wedges** over to taste. Bon appétit!