



### In your box

- 1 Shallot
- 2 tsp. Sun-Dried Tomato Pesto
- 12 oz. Broccoli Florets
- 1 Lemon
- 2 oz. Sour Cream
- .6 oz. Butter

### Customize It Options

- 12 oz. Salmon Fillets
- 10 oz. Ahi Tuna Steaks
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 13 oz. Boneless Skinless Chicken Breasts

\*Contains: milk

### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
 Medium Non-Stick Pan,  
 Baking Sheet, 2 Mixing Bowls

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Classic Meal Kit



## Salmon and Sun-Dried Tomato Butter

with lemon crema broccoli

NUTRITION per serving—Calories: 617, Carbohydrates: 16g, Sugar: 6g, Fiber: 6g, Protein: 42g, Sodium: 1245mg, Fat: 43g, Saturated Fat: 13g  
 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

**35-45 min.**

Cook Within

**3 days**

Difficulty Level

**Easy**

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**
- Set **butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **lemon juice**

### Customize It Instructions

- If using customized protein, pat dry, and season both sides with a pinch of **salt** and **pepper**.
- If using **ahi tuna**, follow same instructions as salmon in Step 4, cooking until tuna reaches minimum internal temperature, 4-5 minutes per side. Tuna is often enjoyed *medium-rare (pink in the middle)*. For *medium-rare*, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.
- If using **chicken breasts**, follow same instructions as salmon in Step 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **NY strip steak**, follow same instructions as salmon in Step 4, cooking until steak reaches minimum internal temperature, 9-11 minutes per side. Rest, 3 minutes. Halve to serve.



### 1. Prepare Ingredients and Make Lemon Crema

- Cut **broccoli** into bite-sized pieces.
- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Peel and halve **shallot**. Slice halves into thin strips.
- Combine **sour cream**, 1 tsp. **lemon juice** (reserve remaining for butter), and a pinch of **pepper** in a mixing bowl. Set aside.
- Pat **salmon** dry, and season flesh side with a pinch of **salt** and **pepper**.



### 2. Roast the Broccoli

- Place **broccoli** and **shallot** on prepared baking sheet and toss with 2 tsp. **olive oil**, ½ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer and roast in hot oven until browned and fork-tender, 14-16 minutes.
- While broccoli roasts, make butter.



### 3. Make the Butter

- In another mixing bowl, combine **pesto**, reserved **lemon juice** (to taste), softened **butter**, and a pinch of **salt** and **pepper**. Set aside.



### 4. Cook the Salmon

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **salmon**, skin side up, to hot pan and cook until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Remove from burner.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **broccoli** with **lemon crema** and **salmon** with **butter**. Squeeze **lemon wedges** over dish to taste. Bon appétit!