



### In your box

- .42 oz. Mayonnaise
- 2 oz. Sweet Chili Sauce
- 1 Tbsp. White Miso Paste
- 2 Green Onions
- 2 Garlic Cloves
- ½ tsp. Multicolor Sesame Seeds
- 10 oz. Carrot
- ¾ cup Jasmine Rice
- 1 oz. Pickled Ginger

### Customize It Options

- 12 oz. Salmon Fillets
- 12 oz. Filets Mignon
- 12 oz. Sirloin Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Mahi-Mahi Fillets

\*Contains: eggs, soy

### You will need

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

### Minimum Internal Protein Temperature

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

Culinary Collection



# Seared Salmon and Pickled Ginger Scallion Sauce

with sweet chili carrots and rice

NUTRITION per serving—Calories: 870, Carbohydrates: 89g, Sugar: 16g, Fiber: 6g, Protein: 43g, Sodium: 1716mg, Fat: 37g, Saturated Fat: 7g  
 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

**Mild**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions**

### Customize It Instructions

- If using **sirloin**, **filets mignon**, or **chicken**, pat dry and season both sides with a pinch of **salt** and **pepper**.
- If using **sirloin**, follow same instructions as salmon in Step 3, searing undisturbed until browned, 2-3 minutes, then roasting until steaks reach minimum internal temperature, 10-12 minutes. Rest, 3 minutes.
- If using **filets mignon**, follow same instructions as salmon in Step 3, searing undisturbed until browned, 2-3 minutes, then roasting until steaks reach minimum internal temperature, 12-14 minutes. Rest, 3 minutes.
- If using **chicken**, follow same instructions as salmon in Step 3, searing undisturbed until browned, 2-3 minutes, then roasting until chicken reaches minimum internal temperature, 10-12 minutes.
- If using **mahi-mahi**, pat dry, halve, and season both sides with a pinch of salt and pepper. Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add mahi-mahi to hot pan. Cook until mahi-mahi reaches minimum internal temperature, 3-4 minutes per side. Skip the oven.



### 1. Prepare the Ingredients

- Peel, trim, and cut **carrot** on an angle into ¼" slices.
- Finely chop **pickled ginger**.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Mince **garlic**.
- Combine garlic and **sweet chili sauce** in a mixing bowl. Set aside.
- Pat **salmon fillets** dry, and season flesh side with a pinch of **pepper**.



### 2. Cook the Rice

- Bring a small pot with **rice**, **white portions of green onions**, a pinch of **salt**, and 1½ cups **water** to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner and set aside covered.
- While rice cooks, cook salmon.



### 3. Cook the Salmon

- Place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **salmon**, skin side up, to hot pan. Sear on one side until golden brown, 2-4 minutes.
- Transfer to prepared baking sheet, seared side up. Wipe pan clean and reserve.
- Roast in hot oven until salmon is firm and reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- While salmon roasts, cook carrot.



### 4. Cook the Carrot

- Return pan used to sear salmon to medium-high heat. Add 2 tsp. **olive oil** and **carrot** to hot pan. Stir often until lightly browned, 5-8 minutes.
- Add ¼ cup **water** and cover. Cook until water is mostly evaporated and carrots are tender, 2-3 minutes.
- Stir in **sweet chili garlic sauce** and a pinch of **salt** and **pepper** until vegetables are coated. Remove from burner and cover.



### 5. Make Sauce and Finish Dish

- In another mixing bowl, combine **miso** and 2 tsp. **water** until miso is dissolved. Stir in **mayonnaise**, **green portions of green onions**, **pickled ginger**, and a pinch of **salt** and **pepper** until combined.
- Plate dish as pictured on front of card, topping **salmon** with sauce, garnishing **carrot** with **sesame seeds**, and serving carrot over **rice**, if desired. Bon appétit!