



In your box

- ½ tsp. Garlic Salt
- 2 Green Onions
- 6 oz. Trimmed Green Beans
- 8 oz. Mashed Potatoes
- .6 oz. Butter
- 2 Dill Sprigs
- 1 oz. Sour Cream
- ½ tsp. Orange Pepper

Customize It Options

- 12 oz. Salmon Fillets
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon

*Contains: milk

You will need

- Olive Oil, Salt, Pepper
- Microwave-Safe Bowl, Medium Non-Stick Pan, Mixing Bowl, Large Non-Stick Pan

Minimum Internal Protein Temperature

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

15 Minute Meal Kit



Salmon and Dill Butter

with sour cream and onion mashed potatoes and green beans

NUTRITION per serving—Calories: 679, Carbohydrates: 26g, Sugar: 5g, Fiber: 4g, Protein: 40g, Sodium: 1526mg, Fat: 46g, Saturated Fat: 15g
 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

15 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
- Set **butter** on counter to soften
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using customized protein, pat dry, and season both sides with **orange pepper** and a pinch of **salt**
- If using **filets mignon**, follow same instructions as salmon in Step 1, cooking until steaks reach minimum internal temperature, 5-8 minutes per side. Rest, 3 minutes.
- If using **ribeye**, follow same instructions as salmon in Step 1, cooking undisturbed until browned and steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **chicken breasts**, follow same instructions as salmon in Step 1, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.



1. Cook the Salmon

- Pat **salmon fillets** dry, and season flesh side with **orange pepper** and a pinch of **salt**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add salmon, skin side up, to hot pan and sear until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Remove from burner.
- While salmon cooks, prepare ingredients.



2. Prepare the Ingredients

- Thinly slice **green onions**, keeping white and green portions separate.
- Stem **dill** and coarsely chop.
- In a mixing bowl, combine dill and softened **butter**.



3. Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **green beans** and **white portions of green onions** to hot pan. Cook undisturbed, 1 minute.
- Add ¼ cup **water**, **garlic salt**, and a pinch of **pepper**. Cover, and stir occasionally until tender, 6-8 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.*
- Remove from burner.



4. Heat Potatoes and Finish Dish

- Place **mashed potatoes** in a microwave-safe bowl and cover with a damp paper towel. Microwave on high until heated through, 1-2 minutes, stirring once halfway through.
- Remove from microwave and stir in **sour cream** and **green portions of green onions** until combined.
- Plate dish as pictured on front of card, topping **salmon** with **dill butter**. Bon appétit!