



In your box

- .7 oz. Sour Cherry Jam
- ¼ oz. Dijon Mustard
- ½ tsp. Garlic Salt
- ¼ oz. Parsley
- 12 oz. Cubed Butternut Squash
- ½ oz. Roasted Pecans
- 1 Lemon
- 8 oz. Brussels Sprouts
- 0.6 oz. Butter

Customize It Options

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

*Contains: milk, tree nuts (pecans)

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Baking Sheet, Mixing Bowl,
- 2 Medium Non-Stick Pans

Minimum Internal Protein Temperature

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

Culinary Collection



Salmon and Cherry Mostarda

with lemon-pecan Brussels sprouts and garlic butternut squash

NUTRITION per serving—Calories: 698, Carbohydrates: 39g, Sugar: 13g, Fiber: 8g, Protein: 40g, Sodium: 1310mg, Fat: 44g, 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

35-45 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 **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **lemon juice**



1. Roast the Butternut Squash

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Place butternut squash on prepared baking sheet and toss with 1 tsp. **olive oil**, **garlic salt**, and a pinch of **pepper**.
- Spread into a single layer and roast in hot oven until tender and golden brown, 16-20 minutes.
- While butternut squash roasts, prepare ingredients.



2. Prepare Ingredients and Make Cherry Mostarda

- Mince **parsley**, leaves and stems.
- Zest and halve **lemon**. Cut one half into wedges and juice the other half.
- Trim stems off **Brussels sprouts** and slice into ¼" rounds.
- In a mixing bowl, combine **cherry jam**, **mustard**, ½ tsp. **water**, and ½ tsp. **lemon juice** (reserve remaining for Brussels). Set aside.
- Pat **salmon** dry, and season flesh side with a pinch of **salt** and **pepper**.

Customize It Instructions

- If using **filets mignon**, pat dry and season with pinch of **salt** and **pepper**. Follow same instructions as salmon in Step 3, cooking until filets reach minimum internal temperature, 5-8 minutes per side. Rest, 3 minutes.
- If using **chicken breasts**, pat dry and season with 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.



3. 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 sear until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Remove salmon to a plate and tent with foil.
- While salmon cooks, start Brussels sprouts.



4. Cook the Brussels Sprouts

- Place another medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **Brussels sprouts** to hot pan. Cover, and stir occasionally until tender and vibrant green, 4-6 minutes.
- Add 1 tsp. **water** and ¼ tsp. **salt**. Cook until water is almost completely evaporated, 1-2 minutes.
- Remove from burner. Stir in **butter**, 1 tsp. **lemon zest**, and 1 tsp. remaining **lemon juice** until combined.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **salmon** with **cherry mostarda** and garnishing **butternut squash** with **parsley**. Top **Brussels sprouts** with **pecans** and squeeze **lemon wedges** over Brussels sprouts to taste. Bon appétit!