



#### In your box

12 oz. Red Potatoes  
.42 oz. Mayonnaise  
1 Lemon  
8 oz. Green Beans  
¼ oz. Parsley  
1 oz. Lemon Garlic Herb Butter  
½ tsp. Garlic Salt  
½ oz. Grated Parmesan  
½ oz. Garlic & Herb Cheese Spread

#### Customize It Options

12 oz. Salmon Fillets  
14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)  
12 oz. Sirloin Steaks  
13 ½ oz. Organic Boneless Skinless Chicken Breasts  
10 oz. Ahi Tuna Steaks

\*Contains: milk, eggs

#### You will need

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

#### Minimum Internal Protein Temperature

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

#### Culinary Collection



## Flakey Salmon and Classic Citrus Beurre Blanc

with roasted green beans and Parmesan red potatoes

NUTRITION per serving—Calories: 760, Carbohydrates: 44g, Sugar: 7g, Fiber: 7g, Protein: 43g, Sodium: 1584mg, Fat: 51g, 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  
**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

## Customize It Instructions

- If using a 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 3, 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 **organic chicken**, follow same instructions as salmon in Step 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **sirloin steaks**, follow same instructions as salmon in Step 3, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.
- If using **NY strip steak**, follow same instructions as salmon in Step 3, cooking until steak reaches minimum internal temperature, 9-11 minutes per side. Rest, 3 minutes. Halve to serve.



### 1. Prepare the Ingredients

- Cut **potatoes** into 1" wedges.
- Trim ends off **green beans**.
- Stem and coarsely chop **parsley**.
- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Pat **salmon** dry, and season flesh side with a pinch of **salt** and **pepper**.



### 3. Cook the Salmon

- Place a medium non-stick pan over medium heat and add 2 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 salmon to a plate and tent with foil. Wipe pan clean and reserve.



### 4. Make the Sauce

- Return pan used to cook salmon to medium-low heat. Add **cheese spread** (crumbling if necessary) and 2 Tbsp. **water** to hot pan and stir constantly until melted and combined, 30-60 seconds.
- If too thick, add additional water, 1 Tbsp. at a time, until desired consistency is reached.
- Remove from burner. Stir in **mayonnaise**, **butter**, 1 tsp. water,  $\frac{1}{2}$  tsp. **lemon juice**, and a pinch of **salt** until butter is melted and combined.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **salmon** with **sauce**. Garnish meal with **parsley** and squeeze **lemon wedges** over to taste. Bon appétit!