



In your box

- 1 Tbsp. Minced Ginger
- 2 Garlic Cloves
- 2 Green Onions
- 8 oz. Carrot
- 2 Heads of Baby Bok Choy
- 1 Red Fresno Chile
- 2 oz. Teriyaki Glaze

Customize It Options

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

*Contains: wheat, soy

You will need

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

Minimum Internal Protein Temperature

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

Classic Meal Kit



Perfect Teriyaki Ginger Salmon

with stir-fried bok choy and carrots

NUTRITION per serving—Calories: 542, Carbohydrates: 23g, Sugar: 13g, Fiber: 4g, Protein: 39g, Sodium: 1292mg, Fat: 32g, Saturated Fat: 6g
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 400 degrees
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: ginger, garlic, glaze, green onions

Customize It Instructions

- If using **tuna**, pat dry and season with a pinch of **salt** and **pepper**. Follow same instructions as salmon in Step 3, cook in pan only until tuna reaches a minimum internal temperature of 145 degrees, 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. Top with **glaze**.
- If using **sirloin steaks** or **NY strip steak**, pat dry and season with a pinch of salt and pepper. 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. Halve NY strip steak to serve.
- If using **chicken**, pat dry and season with a pinch of salt and pepper. Follow same instructions as salmon in Steps 3, searing undisturbed until browned, 2-3 minutes, then roasting until chicken reaches minimum internal temperature, 10-12 minutes.



1. Prepare the Ingredients

- Peel, trim, and cut **carrot** on an angle into $\frac{1}{4}$ " slices.
- Remove any discolored outer leaves from **bok choy** and trim ends. Cut stems into $\frac{1}{2}$ " slices and coarsely chop leaves.
- Trim and slice white portions of **green onions** into 1" pieces. Thinly slice remaining green onions on an angle. Keep white and green portions separate.
- Stem, seed, and slice **red Fresno chile** into thin rounds. Retain seeds for more spice. Wash hands and cutting board after working with chile.
- Mince **garlic**.



2. Make Glaze and Prepare Salmon

- Combine **teriyaki glaze**, half the **ginger**, and half the **garlic** (reserve remaining of both for vegetables) in a mixing bowl.
- Pour half the glaze mixture into another mixing bowl and set both aside. Using two bowls allows half to be brushed on raw salmon and remaining to be reserved uncontaminated.
- Pat **salmon fillets** dry, and season flesh side with a pinch of **pepper**.



3. Sear and Roast the Salmon

- Place a medium 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 salmon to prepared baking sheet, skin side down. Brush or spoon **glaze mixture from one bowl** onto salmon. Reserve second bowl. Reserve pan; no need to wipe clean.
- Roast in hot oven until salmon is firm and reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- While salmon bakes, cook vegetables.



4. Start the Vegetables

- Return pan used to sear salmon to medium-high heat.
- Add 2 tsp. **olive oil** and **carrot** to hot pan. Stir occasionally until lightly browned and starting to soften, 4-5 minutes.

5. Finish Vegetables and Finish Dish

- Add **bok choy** and **white portions of green onions** to hot pan and stir occasionally, 2 minutes.
- Add remaining **ginger**, remaining **garlic**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**. Stir often until vegetables are tender but still slightly crisp, 3-4 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **salmon** with **glaze mixture from second bowl** and garnishing vegetables with **red Fresno chile** (to taste) and entire dish with **green portions of green onions**. Bon appétit!