



In your box

- 4 oz. Slaw Mix
- 4 Green Onions
- 1 oz. Seasoned Rice Vinegar
- ¾ cup Jasmine Rice
- ½ tsp. Garlic Salt
- 4 oz. Snow Peas
- 1 Tbsp. White Miso Paste
- 2 tsp. Minced Ginger
- 1 fl. oz. Creamy Roasted Sesame Dressing

Customize It Options

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

*Contains: eggs, wheat, soy

You will need

- Olive Oil, Salt, Pepper
- Medium Non-Stick Pan, Small Pot, 2 Mixing Bowls

Minimum Internal Protein Temperature

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

Culinary Collection



Ahi Tuna and Miso Ginger Vinaigrette

with garlic scallion rice and snow pea slaw

NUTRITION per serving—Calories: 740, Carbohydrates: 82g, Sugar: 12g, Fiber: 5g, Protein: 44g, Sodium: 1715mg, Fat: 26g, Saturated Fat: 5g
 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

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
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as tuna in Step 4, cooking salmon, skin side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **sirloin steaks**, follow same instructions as tuna in Steps 2 and 4, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.
- If using **chicken breasts**, follow same instructions as tuna in Steps 2 and 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **NY strip steak**, follow same instructions as tuna in Steps 2 and 4, cooking until steak reaches a minimum internal temperature, 9-11 minutes per side. Rest, 3 minutes. Halve to serve.



1. Cook the Rice

- Trim **green onions** and thinly slice, keeping white and green portions separate.
- Bring a small pot with **rice**, white portions of green onions, **garlic 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. Fluff rice, stirring in green portions of green onions. Cover and set aside.
- While rice cooks, prepare ingredients.



2. Prepare Ingredients and Make Slaw

- Thinly slice **snow peas** lengthwise on an angle.
- Combine **slaw mix**, snow peas, **dressing**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper** in a mixing bowl. Set aside.
- Pat **tuna** dry, and season both sides with ¼ tsp. salt and a pinch of pepper.



3. Make the Vinaigrette

- In another mixing bowl, combine 2 Tbsp. **olive oil**, **rice vinegar**, **ginger**, and **miso** until combined and miso is dissolved. Set aside.



4. Cook the Tuna

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **tuna** to hot pan and cook 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.*
- Remove from burner.



5. Finish the Dish

- *Slice tuna if desired.*
- Plate dish as pictured on front of card, topping tuna with **vinaigrette**. Bon appétit!