



In your box

- 2 Tbsp. Sun-Dried Tomato Pesto
- ½ oz. Capers
- 8 oz. Green Beans
- ½ oz. Grated Parmesan
- 1 Lemon
- 4 oz. Buttermilk Biscuit Mix
- 6 Chive Sprigs
- 1 oz. Sour Cream
- 2 Garlic Cloves

Customize It Options

- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 10 oz. Ahi Tuna Steaks

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, 2 Mixing Bowls, Large Non-Stick Pan

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

Culinary Collection



Salmon and Chive Caper Cream

with savory tomato biscuits and green beans

NUTRITION per serving—Calories: 808, Carbohydrates: 44g, Sugar: 8g, Fiber: 4g, Protein: 45g, Sodium: 1641mg, Fat: 52g, Saturated Fat: 13g
 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
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes.
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **customized protein**, pat dry and season both sides with a pinch of **salt** and **pepper**.
- If using **ahi tuna**, cook in a medium non-stick pan with 1 tsp. **olive oil** 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. (No need to roast tuna.)*
- If using **ribeye**, cook in a medium non-stick pan with 1 tsp. olive oil over medium heat until browned on one side, 3-4 minutes. Roast, seared side up, in hot oven until steak reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes. Halve to serve.
- If using **chicken breasts**, follow same instructions as salmon in Step 3, roasting until chicken reaches minimum internal temperature, 17-20 minutes.



1. Prepare the Ingredients

- Drain and mince **capers**.
- Mince **chives**.
- Trim ends off **green beans**.
- Zest and halve **lemon**. Cut one half into wedges and juice the other half.
- Mince **garlic**.
- Pat **salmon fillets** dry, and season flesh side with a pinch of **salt** and **pepper**.



2. Prepare the Fritters

- Add **biscuit mix**, **pesto**, and $\frac{1}{4}$ cup **water** to a mixing bowl. Stir until a thick and tacky dough forms.
- Scoop four evenly-sized batter dollops on half of prepared baking sheet, leaving 3" space in between. *Batter will be sticky!*



3. Bake the Salmon and Fritters

- Place **salmon** on empty half of baking sheet, skin side down, and top with 1 tsp. **olive oil**.
- Bake in hot oven until **fritters** are golden brown and salmon reaches a minimum internal temperature of 145 degrees, 13-15 minutes.
- While salmon and fritters bake, cook green beans.



4. Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **garlic** and stir often until fragrant, 30-60 seconds.
- Add **green beans** and cook undisturbed, 1 minute.
- Add $\frac{1}{4}$ cup **water**, $\frac{1}{4}$ tsp. **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.
- While green beans cook, make sauce.



5. Make Sauce and Finish Dish

- In another mixing bowl, combine **capers**, 1 tsp. **lemon juice**, **chives**, and **sour cream**.
- Plate dish as pictured on front of card, topping **green beans** with **cheese**, topping **fritters** with **lemon zest**, and squeezing **lemon wedges** over **salmon** to taste. Bon appétit!