



In your box

- ½ oz. Mirin
- .46 oz. Brown Sugar
- 6 oz. Broccoli Florets
- 1 oz. Roasted Peanuts
- 5 oz. Lo Mein Noodles
- 2 Heads of Baby Bok Choy
- 2 Garlic Cloves
- 2 oz. Teriyaki Glaze
- 2 tsp. White Miso Paste

Customize It Options

- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts
- 10 oz. Ahi Tuna Steaks

*Contains: wheat, peanuts, soy

You will need

- Olive Oil, Salt
- 2 Medium Non-Stick Pans, Medium Pot, Colander

Minimum Internal Protein Temperature

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

Culinary Collection



Sweet Miso-Glazed Salmon

with bok choy and broccoli teriyaki lo mein

NUTRITION per serving—Calories: 887, Carbohydrates: 80g, Sugar: 20g, Fiber: 6g, Protein: 50g, Sodium: 1535mg, Fat: 41g, Saturated Fat: 8g
 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

25-35 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
- Bring 8 cups **water** and 2 tsp. **salt** to a boil

Customize It Instructions

- If using **ahi tuna**, follow same instructions as salmon in Steps 2 and 4, 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 **chicken breasts**, follow same instructions as salmon in Steps 2 and 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.



1. Cook the Noodles

- Once **water** is boiling, add **noodles** and cook until tender, 4-5 minutes.
- Reserve ½ cup **pasta cooking water**. Drain noodles in a colander and set aside.
- While noodles cook, prepare ingredients.



2. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Remove any discolored outer leaves from **bok choy** and trim ends. Cut into ¼" strips.
- Coarsely chop **peanuts**.
- Mince **garlic**.
- Pat **salmon fillets** dry.



3. Cook the Vegetables

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **broccoli** to hot pan and stir occasionally until beginning to get tender, 5-7 minutes.
- Add **noodles**, **garlic**, and **bok choy**. Stir occasionally until broccoli is tender, 2-3 minutes.
- Stir in **teriyaki glaze** and **mirin** until noodles and vegetables are completely coated, 1-2 minutes.
- Remove from burner.
- While vegetables cook, cook salmon.



4. Cook the Salmon

- Place another medium non-stick pan over medium heat and add 2 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. Wipe pan clean and reserve.



5. Make Glaze and Finish Dish

- Return pan used to cook salmon to medium-high heat. Add **brown sugar**, **miso**, and half the **pasta cooking water** (reserve remaining for adjusting) to hot pan. Bring to a boil, stirring constantly.
- Once boiling, stir until thickened and combined, 1-2 minutes.
- Remove from burner. *If too thick, add remaining pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.*
- Plate dish as pictured on front of card, topping **salmon** with glaze and garnishing **vegetables** with **peanuts**. Bon appétit!