



In your box

- 1 ½ oz. Raspberry Preserves
- 1 tsp. Minced Ginger
- .406 fl. oz. Tamari Soy Sauce
- 1 tsp. Cornstarch
- ½ tsp. Garlic Salt
- 2 Zucchini
- 4 oz. Broccoli Florets
- 1 Shallot
- ½ tsp. Multicolor Sesame Seeds

Customize It Options

- 12 oz. Salmon Fillets
- 12 oz. Filets Mignon
- 12 oz. Sirloin Steaks
- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: soy

You will need

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

Minimum Internal Protein Temperature

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

Classic Meal Kit



Salmon and Raspberry Ginger Sauce

with broccoli and zucchini stir-fry

NUTRITION per serving—Calories: 525, Carbohydrates: 23g, Sugar: 14g, Fiber: 4g, Protein: 40g, Sodium: 1355mg, Fat: 31g, 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

40-50 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 **chicken breasts**, pat dry and season with a pinch of **salt** and **pepper**. Follow same instructions as salmon in Step 2, cooking until browned on one side, 2-3 minutes, then roasting until chicken reaches minimum internal temperature, 10-12 minutes.
- If using **sirloin**, pat dry and season with a pinch of salt and pepper. Follow same instructions as salmon in Step 2, cooking until browned on one side, 2-3 minutes, then roasting until sirloin reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes.
- If using **filets mignon**, pat dry and season with a pinch of salt and pepper. Follow same instructions as salmon in Step 2, cooking until browned on one side, 2-3 minutes, then roasting until filets reach minimum internal temperature, 12-14 minutes. Rest, 3 minutes.



1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Trim **zucchini** ends, halve lengthwise, and cut into ½" half-moons.
- Peel and halve **shallot**. Slice thinly.
- In a mixing bowl, combine 3 Tbsp. **water** and **cornstarch** until cornstarch dissolves. Set aside.
- Pat **salmon filets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



2. Roast the Salmon

- Place a medium non-stick pan over medium-high heat. Add 1 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, seared side up. Wipe pan clean and reserve.
- Roast in hot oven until salmon is firm and reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- While salmon roasts, cook vegetables.



3. Cook the Vegetables

- Return pan used to cook salmon to medium heat and add 2 tsp. **olive oil**. Add **broccoli** and half the **garlic salt** to hot pan. Stir occasionally until tender, 5-7 minutes.
- Add **zucchini**, **shallot**, remaining garlic salt, and a pinch of **pepper**. Stir often until zucchini and shallot are tender and browned, 5-7 minutes.
- Stir in **soy sauce** and remove from burner. Transfer vegetables to a plate. Wipe pan clean and reserve.



4. Make the Sauce

- Stir **cornstarch-water** to recombine.
- Return pan used to cook vegetables to medium heat. Add **raspberry preserves**, **ginger**, and 3 Tbsp. water. Bring to a simmer.
- Once simmering, slowly add cornstarch mixture, while stirring to combine.
- Return to a simmer. Once simmering, stir until slightly thickened, 1-2 minutes.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **vegetables** with **sesame seeds** and **salmon** with **sauce**. Bon appétit!