



**In your box**  
 30 oz. Ahi Tuna Steaks  
 24 oz. Salmon Fillets

**Minimum Internal Protein Temperature**

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

**Protein Pack**



# Seafood Sampler

includes 4 salmon fillets and 6 ahi tuna steaks

NUTRITION per serving—Calories: 289, Carbohydrates: 0g, Sugar: 0g, Fiber: 0g, Protein: 44g, Sodium: 165mg, Fat: 12g, Saturated Fat: 4g  
 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	Cook Within	Difficulty Level	Spice Level
<b>10-20 min.</b>	<b>3 days</b>	<b>Easy</b>	<b>Not Spicy</b>

## Before you cook

All cook times are approximate based on testing.



### 1. Salmon Instructions

- Pat **salmon** dry. We recommend seasoning flesh side with  $\frac{1}{4}$  tsp. salt and a pinch of pepper.
- Use a large non-stick pan over medium heat with 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.



### 2. Tuna Instructions

- Pat **ahi tuna** dry. We recommend seasoning both sides with  $\frac{1}{4}$  tsp. salt and a pinch of pepper.
- 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.*