



### In your box

- 24 oz. Mahi-Mahi Fillets
- 24 oz. Salmon Fillets
- 16 oz. Shrimp

### 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, 6 mahi-mahi fillets, and 16 oz. shrimp

NUTRITION per serving—Calories: 289, Carbohydrates: 1g, Sugar: 0g, Fiber: 0g, Protein: 41g, Sodium: 512mg, Fat: 13g, Saturated Fat: 3g  
 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

**10-20 min.**

Cook Within

**3 days**

Difficulty Level

**Easy**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.



### 1. Mahi-Mahi Instructions

- Pat **mahi-mahi** dry. We recommend seasoning both sides with ¼ tsp. salt and a pinch of pepper.
- Use a large non-stick pan with 2 tsp. olive oil over medium-high heat and cook to a minimum internal temperature of 145 degrees, 3-5 minutes per side.



### 2. Salmon Instructions

- Pat **salmon** dry. We recommend seasoning flesh side with ¼ 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.



### 3. Shrimp Instructions

- Pat **shrimp** dry. We recommend seasoning both sides with a pinch of salt and pepper.
- Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add shrimp to hot pan and cook undisturbed until seared on one side, 2-3 minutes.
- Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes.