



### In your box

- 1 oz. Shredded Parmesan Cheese
- 2 oz. Spring Mix
- 1 Lemon
- ½ fl. oz. Red Wine Vinegar
- 2 Tbsp. Basil Pesto
- .42 oz. Mayonnaise
- 4 oz. Grape Tomatoes
- 12 oz. Salmon Fillets

\*Contains: milk, eggs

### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, 2 Mixing Bowls

### Minimum Internal Protein Temperature

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

### Skinnytaste Meal



Calorie Conscious

For a limited time, enjoy recipes from Skinnytaste, best-selling cookbook series and popular food blog by **Gina Homolka!**



Protein Packed

Each Skinnytaste recipe is crafted with seasonal ingredients for delicious flavors.



## Basil-Parmesan Crusted Salmon

with spring mix salad

NUTRITION per serving—Calories: 541, Carbohydrates: 10g, Sugar: 5g, Fiber: 2g, Protein: 41g, Sodium: 650mg, Fat: 37g, Saturated Fat: 9g  
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.

Cook Time  
**20-30 min.**

Cook Within  
**3 days**

Difficulty Level  
**Easy**

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
- Ingredient(s) used more than once: **Parmesan**



### 1. Prepare the Ingredients

- Halve **tomatoes**.
- Halve **lemon** and juice.
- Pat **salmon** dry, and season flesh side with a pinch of **salt** and **pepper**. Drizzle with lemon juice.



### 2. Prepare the Salmon

- In a mixing bowl, mix **mayonnaise**, half the **Parmesan** (reserve remaining for topping salmon and salad), and **basil pesto** until completely combined.
- Place **salmon** on prepared baking sheet, skin side down. Top evenly and completely with basil-mayonnaise sauce and a pinch of reserved Parmesan.



### 3. Bake the Salmon

- Bake **salmon** in hot oven until salmon reaches a minimum internal temperature of 145 degrees, 10-12 minutes.
- While salmon bakes, make salad.



### 4. Make the Salad

- In another mixing bowl, toss or gently combine **spring mix**, remaining **Parmesan**, **red wine vinegar**, 1 tsp. **olive oil**, and **tomatoes**.



### 5. Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!