



In your box

- 1 tsp. Minced Ginger
- 2 Heads of Baby Bok Choy
- 🌶️ 1 tsp. Sriracha
- ½ fl. oz. Honey
- 18 oz. Sweet Potato
- 3 oz. Shiitake Mushrooms
- 1.26 oz. Mayonnaise
- .406 fl. oz. Tamari Soy Sauce

Customize It Options

- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- 10 oz. Ahi Tuna Steaks

*Contains: eggs, soy

You will need

Olive Oil, Salt, Pepper, Cooking Spray
 Medium Non-Stick Pan,
 Baking Sheet, 2 Mixing Bowls,
 Large Non-Stick Pan

Minimum Internal Protein Temperature

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

Culinary Collection



Honey-Ginger Salmon

with roasted sweet potatoes and bok choy

NUTRITION per serving—Calories: 841, Carbohydrates: 63g, Sugar: 20g, Fiber: 9g, Protein: 41g, Sodium: 1337mg, Fat: 46g, 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.

Prep & Cook Time

30-40 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Mild

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 a customized protein, pat dry and season both sides with a pinch of **salt** and **pepper**.
- If using **chicken breasts**, follow same instructions as salmon in Step 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **filet mignon**, follow same instructions as salmon in Step 3, cooking until filets reach minimum internal temperature, 5-8 minutes per side.
- If using **ahi tuna**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Step 3, 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.*



1. Roast the Sweet Potatoes

- Quarter **sweet potato** and cut into ½" pieces.
- Place sweet potato pieces on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Massage oil and seasoning into potatoes.
- Spread into a single layer and roast in hot oven until tender, 18-20 minutes.
- While sweet potato roasts, prepare ingredients.



2. Prepare the Ingredients

- Remove any discolored outer leaves from **bok choy** and trim ends. Cut stems into ½" slices and coarsely chop leaves.
- Stem **mushrooms** and cut caps into ¼" strips.
- In a mixing bowl, combine **honey** and **ginger**. Set aside.
- In another mixing bowl, combine **mayonnaise** and **Sriracha** (to taste). Set aside.
- Pat **salmon** dry, and season flesh side with a pinch of **salt** and **pepper**.



3. Cook the Salmon

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **salmon**, skin side up, to hot pan and cook until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Remove from burner. Remove salmon to a plate and tent with foil.
- While salmon cooks, cook vegetables.



4. Cook the Vegetables

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **mushrooms**, **bok choy** (leaves and stems), **soy sauce**, and a pinch of **pepper** to hot pan. Stir often until stems start to soften, 5-7 minutes.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **salmon** with **honey-ginger sauce** and **sweet potatoes** with **Sriracha-mayonnaise** (to taste). Bon appétit!