



In your box

2 tsp. Basil Pesto
1 Persian Cucumber
1 Roma Tomato
½ oz. Shaved Parmesan
5 oz. Spring Mix
1½ fl. oz. Balsamic Fig Glaze
½ oz. Seasoned Croutons

Customize It Options

12 oz. Salmon Fillets
12 oz. Sirloin Steaks
12 oz. Boneless Skinless Chicken Breasts
12 oz. Mahi-Mahi Fillets

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

Olive Oil, Salt, Pepper

Medium Non-Stick Pan, 2 Mixing Bowls

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

15 Minute Meal Kit



Bruschetta Salmon Salad

with Parmesan and balsamic glaze

NUTRITION per serving—Calories: 610, Carbohydrates: 26g, Sugar: 15g, Fiber: 3g, Protein: 41g, Sodium: 1190mg, 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.

Prep & Cook Time

15 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

Customize It Instructions

- If using **chicken breasts**, pat dry and season both sides with a pinch of **salt** and **pepper**. Follow same instructions as salmon in Step 1, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **sirloin steaks**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Step 1, cooking until steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.*
- If using **mahi-mahi**, pat dry, halve, and season with a pinch of salt and pepper. Follow same instructions as salmon in Step 1, cooking until mahi-mahi reaches minimum internal temperature, 3-4 minutes per side. *Fish thickness can vary; if you receive a thinner fillet, we recommend checking for doneness sooner.*



1. Cook the Salmon

- Pat **salmon fillets** dry, and season flesh side with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**.
- 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.
- *Not a fan of fish skin? Don't worry. Once the salmon is cooked, the skin will easily peel off and you can serve it without the skin.*
- While salmon cooks, prepare ingredients and make bruschetta.



3. Make the Bruschetta

- Combine **tomato**, **pesto**, 2 tsp. **olive oil**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper** in a mixing bowl. Set aside.



2. Prepare the Ingredients

- Core **tomato** and cut into $\frac{1}{2}$ " dice.
- Trim **cucumber** and cut into $\frac{1}{4}$ " rounds.



4. Assemble Salad and Finish Dish

- In another mixing bowl, gently stir or toss **spring mix**, **cucumber**, **croutons**, and **cheese**.
- Plate dish as pictured on front of card, topping salad with **salmon**, **bruschetta mixture**, and **balsamic fig glaze**. Bon appétit!