



In your box

¼ oz. White Balsamic Vinegar
8 oz. Broccoli Florets
2 Garlic Cloves
½ tsp. Umami Seasoning
2 Green Onions
1 fl. oz. Mandarin Orange Sesame Ginger Dressing
1 oz. Peach Preserves
5.47 oz. Long Grain White Rice
1½ fl. oz. Creamy Roasted Sesame Dressing

Customize It Options

12 oz. Salmon Fillets
16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
13½ oz. Organic Boneless Skinless Chicken Breasts
12 oz. Boneless Pork Chops

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, Cooking Spray

Baking Sheet, Small Pot, Medium Non-Stick Pan, Large Non-Stick Pan, Mixing Bowl

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.

Culinary Collection



Roasted Salmon in Mandarin Orange Peach Sauce

with garlic sesame broccoli and umami rice

NUTRITION per serving—Calories: 960, Carbohydrates: 87g, Sugar: 18g, Fiber: 6g, Protein: 45g, Sodium: 1640mg, Fat: 48g, Saturated Fat: 8g
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
40-50 min.

Cook Within
3 days

Difficulty Level
Expert

Spice Level
Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions**

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 Steps 1 and 3, searing until browned on one side, 2-3 minutes, then roasting seared side up until chicken reaches minimum internal temperature, 10-12 minutes.
- If using **pork chops**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Steps 1 and 3, searing until browned on one side, 3-4 minutes, then roasting, seared side up, until pork reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes.
- If using **ribeye**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Steps 1 and 3, searing until browned on one side, 3-4 minutes, then roasting, seared side up until steak reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes. Halve to serve.



1. Start Rice and Prepare Ingredients

- Bring a small pot with **rice**, $1\frac{1}{4}$ cups **water**, and a pinch of **salt** to a boil. Reduce to a simmer, cover, and cook until rice is tender, 15-18 minutes.
- Remove from burner. Uncover and let cool, at least 10 minutes.
- While rice cooks, cut **broccoli** into bite-sized pieces.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Mince **garlic**.
- Pat **salmon fillets** dry and season flesh side with $\frac{1}{4}$ tsp. salt and a pinch of **pepper**.



2. Start the Broccoli and Salmon

- Place **broccoli** and **garlic** on prepared baking sheet and toss with 1 tsp. **olive oil** and $\frac{1}{4}$ tsp. **salt**.
- Spread into a single layer on one side of baking sheet. Roast in hot oven, 10 minutes.
- While broccoli roasts, place a medium non-stick pan over medium-high heat. Add 1 tsp. olive oil and salmon, skin side up, to hot pan. Sear until golden brown, 2-4 minutes on one side.
- Remove from burner.



3. Finish the Broccoli and Salmon

- After 10 minutes, carefully remove baking sheet from oven. Transfer **salmon** to empty space on baking sheet, seared side up. Wipe pan clean and reserve.
- Roast in hot oven until **broccoli** is fork-tender and salmon is firm and reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- Carefully remove from oven. Top broccoli evenly with **roasted sesame dressing**.
- While broccoli and salmon roast, finish rice.



4. Finish the Rice

- Place a large non-stick pan over medium-high heat.
- Add 2 tsp. **olive oil**, a pinch of **salt**, and **white portions of green onions** to hot pan. Stir constantly until browned, 30-60 seconds.
- Add **cooked rice**, **seasoning blend**, and a pinch of **pepper**. Stir occasionally until combined and beginning to brown, 2-3 minutes.
- Remove from burner.



5. Make Mandarin Orange Peach Sauce and Finish Dish

- Return pan used to cook salmon to medium-high heat.
- Add **mandarin orange dressing**, **peach preserves**, **balsamic vinegar**, 2 Tbsp. **water**, and a pinch of **salt** to hot pan. Bring to a simmer.
- Once simmering, stir occasionally until sauce has reduced by half, 60-90 seconds.
- Remove from burner.
- Plate dish as pictured on front of card, topping **salmon** with sauce and **green portions of green onions** and topping rice with **broccoli**. Bon appétit!