



In your box

- 1 Yellow Onion
- ½ oz. Shredded Parmesan Cheese
- 2 tsp. Savory Seasoning
- 4 oz. Orzo Pasta
- 1 Tbsp. Basil Pesto
- 1 oz. Goat Cheese
- .6 oz. Butter
- 4 oz. Grape Tomatoes

Customize It Options

- 12 oz. Salmon Fillets
- 12 oz. Filets Mignon
- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 10 oz. Ahi Tuna Steaks

*Contains: milk, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Pot, Medium Non-Stick Pan, Baking Sheet, Wire-Mesh Strainer

Minimum Internal Protein Temperature

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

Classic Meal Kit



Basil Pesto Salmon

with grape tomatoes and goat cheese orzo

NUTRITION per serving—Calories: 815, Carbohydrates: 54g, Sugar: 8g, Fiber: 5g, Protein: 49g, Sodium: 1403mg, Fat: 45g, Saturated Fat: 14g
 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

25-35 min.

Cook Within

3 days

Difficulty Level

Intermediate

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 400 degrees
- Bring 8 cups water and 2 tsp. salt to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray
- Only half the onion is used in this recipe

Customize It Instructions

- If using **ahi tuna**, pat dry and season both sides with a pinch of salt and pepper. In Step 3, cook **tuna** in a hot pan with 1 tsp. olive oil 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.*
- If using **filets mignon**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Step 3, cooking until browned on one side, 2-3 minutes, then roasting seared side up until steaks reach minimum internal temperature, 12-14 minutes. Rest, 3 minutes.
- If using **chicken breasts**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Step 3, cooking until browned on one side, 2-3 minutes, then roasting seared side up until chicken reaches minimum internal temperature, 10-12 minutes.



1. Boil the Orzo Pasta

- Once water is boiling, add orzo pasta and cook until al dente, 4-5 minutes.
- Reserve ½ cup pasta cooking water. Drain pasta into a wire-mesh strainer and set aside.
- While pasta cooks, prepare ingredients.



2. Prepare the Ingredients

- Halve tomatoes.
- Peel and halve onion. Cut one half into ¼" dice. (Remaining half is yours to use as you please!)
- Pat salmon dry, and season flesh side with ¼ tsp. salt and a pinch of pepper.



3. Cook the Salmon

- Place a medium non-stick pan over medium-high heat and add 1 tsp. olive oil. Add salmon to hot pan, skin side up, and cook until browned, 3-5 minutes on one side.
- Transfer salmon to prepared baking sheet, skin side down. Wipe pan clean and reserve.
- Roast in hot oven until salmon reaches a minimum internal temperature of 145 degrees, 5-7 minutes.
- While salmon roasts, make orzo pasta.



4. Start the Orzo Pasta

- Return pan used to cook salmon to medium heat. Add 2 tsp. olive oil and diced onion to hot pan. Stir occasionally until onion is softened, 2-3 minutes.
- Add orzo pasta, half the pasta cooking water (reserve remaining for adjusting consistency later), and tomatoes. Stir occasionally until heated through, 1-2 minutes.



5. Finish Orzo Pasta and Finish Dish

- Add butter, Parmesan, seasoning blend, goat cheese (breaking up if needed), ¼ tsp. salt, and a pinch of pepper to hot pan. Stir occasionally until butter melts and pasta is creamy, 1-2 minutes.
- Remove from burner. If too dry, add remaining pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.
- Plate dish as pictured on front of card, topping salmon with basil pesto. Bon appétit!