



In your box

- 5 oz. Baby Spinach
- 2 oz. Dark Brown Sherry Cooking Wine
- 4 fl. oz. Cream Sauce Base
- ½ oz. Grated Parmesan
- .3 oz. Butter
- 2 Garlic Cloves
- ½ tsp. Coarse Black Pepper
- 8 oz. Fingerling Potatoes
- 2 tsp. Mirepoix Broth Concentrate

Customize It Options

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

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Large Non-Stick Pan, Medium Non-Stick Pan

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



Ahi Tuna au Poivre

with creamed spinach and roasted fingerling potatoes

NUTRITION per serving—Calories: 555, Carbohydrates: 28g, Sugar: 5g, Fiber: 5g, Protein: 43g, Sodium: 1702mg, Fat: 27g, Saturated Fat: 13g
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

45-55 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
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes.
- Prepare a baking sheet with foil and cooking spray



1. Prepare the Ingredients

- Halve **potatoes** lengthwise.
- Thinly slice **garlic**.
- Pat **tuna** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2. Roast the Potatoes

- Place **potatoes** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer and roast in hot oven until golden brown and fork-tender, 18-20 minutes.
- While potatoes roast, make creamed spinach.

Customize It Instructions

- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as tuna in Step 4, cooking, skin side up first, until golden brown and salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **chicken breasts**, follow same instructions as tuna in Steps 1 and 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.



3. Make the Creamed Spinach

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **garlic**, **spinach**, and a pinch of **salt** to hot pan. Stir occasionally until spinach is wilted, 1-2 minutes.
- Add **cream sauce** and bring to a simmer.
- Once simmering, stir occasionally until thickened, 2-3 minutes.
- Stir in **cheese** until combined. Remove from burner. Cover and set aside.



4. Cook the Tuna

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **tuna** to hot pan and cook until tuna reaches a minimum internal temperature of 145 degrees, 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.*
- Remove from burner. Transfer tuna to a plate and tent with foil. Wipe pan clean and reserve.



5. Make Sauce and Finish Dish

- Return pan used to cook tuna to medium heat. Add **sherry wine** and **coarse black pepper** to hot pan. Bring to a boil.
- Once boiling, cook until liquid is reduced by half, 2-3 minutes.
- Stir in **mirepoix base** until combined. Remove from burner. Stir in **butter**.
- Plate dish as pictured on front of card, topping **tuna** with sauce. Bon appétit!