



### In your box

- ½ tsp. Garlic Salt
- 2 Green Onions
- 8 oz. Broccoli Florets
- ¾ cup Jasmine Rice
- ½ tsp. Multicolor Sesame Seeds
- 2 oz. Teriyaki Glaze
- 1 Lime

### Customize It Options

- 10 oz. Ahi Tuna Steaks
- 13½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Salmon 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, Cooking Spray

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

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

Culinary Collection



# Teriyaki-Lime Ahi Tuna

with jasmine rice and roasted broccoli

NUTRITION per serving—Calories: 572, Carbohydrates: 80g, Sugar: 9g, Fiber: 6g, Protein: 45g, Sodium: 1657mg, Fat: 8g, Saturated Fat: 3g  
 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  
**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 **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**

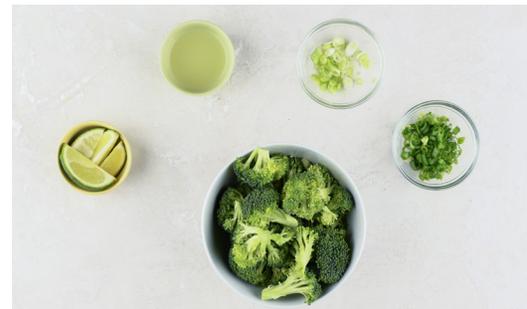
## Customize It Instructions

- If using **salmon fillets**, pat dry and season flesh side with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**. Follow same instructions as tuna in Step 5, cooking skin side up first until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **chicken**, follow same instructions as tuna in Steps 2 and 5, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.



### 1. Cook the Rice

- Bring a small pot with **rice**,  $\frac{1}{4}$  tsp. **salt**, and  $1\frac{1}{2}$  cups **water** to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 15-18 minutes.
- Remove from burner and set aside.
- While rice cooks, prepare ingredients.



### 2. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Halve **lime**. Cut one half into wedges and juice the other half.
- Pat **tuna** dry, and season both sides with a pinch of **salt** and **pepper**.



### 3. Roast the Broccoli

- Place **broccoli** on prepared baking sheet and toss with 2 tsp. **olive oil**, **white portions of green onions**, a pinch of **pepper**, and **garlic salt**.
- Spread into a single layer and roast in hot oven until browned and fork-tender, 14-16 minutes.
- While broccoli roasts, make sauce.



### 4. Make the Sauce

- In a mixing bowl, combine **teriyaki glaze**, 2 tsp. **lime juice**, and **sesame seeds**. Set aside.



### 5. Cook Tuna and Finish Dish

- 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.
- Plate dish as pictured on front of card, topping tuna with **sauce** and garnishing with **green portions of green onions**. Squeeze **lime wedges** over to taste. Bon appétit!