



In your box

- 1 Tbsp. Minced Ginger
 - 2 Garlic Cloves
 - 2 Green Onions
 - 8 oz. Carrot
 - 2 Heads of Baby Bok Choy
 - 1 Red Fresno Chile
 - 2 fl. oz. Teriyaki Glaze
- Customize It Options**
- 12 oz. Salmon Fillets
 - 12 oz. Boneless Pork Chops
 - 14 oz. Duroc Boneless Pork Chops
 - 12 oz. Mahi-Mahi Fillets
 - 13½ oz. Organic Boneless Skinless Chicken Breasts

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, 2 Mixing Bowls, 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.

Classic Meal Kit



Teriyaki Ginger Salmon

with stir-fried bok choy and carrots

NUTRITION per serving—Calories: 550, Carbohydrates: 25g, Sugar: 15g, Fiber: 4g, Protein: 38g, Sodium: 1580mg, Fat: 32g, Saturated Fat: 6g
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
30-40 min.

Cook Within
3 days

Difficulty Level
Intermediate

Spice Level
Mild

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: **ginger, garlic, glaze, green onions**

Customize It Instructions

- If using **customized protein**, pat dry and season both sides with a pinch of **pepper**.
- If using **chicken**, follow same instructions as salmon in Step 3, searing until browned, 2-3 minutes on one side, then roasting, seared-side up, until chicken reaches minimum internal temperature, 10-12 minutes.
- If using **pork chops**, follow same instructions as salmon in Step 3, searing until browned, 3-4 minutes on one side, then roasting, seared-side up, until pork reaches minimum internal temperature, 10-12 minutes.
- If using **mahi-mahi**, halve. Follow same instructions as salmon in Step 3, searing until fish reaches minimum internal temperature, 3-4 minutes per side. *Do not roast in oven.*



3. Sear and Roast the Salmon

- Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **salmon**, skin side up, to hot pan. Sear until golden brown, 2-4 minutes on one side.
- Transfer salmon to prepared baking sheet, skin side down. Brush or spoon **glaze mixture from one bowl** onto salmon. Reserve second bowl. Reserve pan; no need to wipe clean.
- Roast in hot oven until salmon is firm and reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- While salmon roasts, cook vegetables.



1. Prepare the Ingredients

- Peel, trim, and cut **carrot** on an angle into $\frac{1}{4}$ " slices.
- Remove any discolored outer leaves from **bok choy** and trim ends. Cut stems into $\frac{1}{2}$ " slices and coarsely chop leaves.
- Trim and slice white portions of **green onions** into 1" pieces. Thinly slice remaining green onions on an angle. Keep white and green portions separate.
- Mince **garlic**.
- Stem, seed, and slice **red Fresno chile** into thin rounds. Retain seeds for more spice. Wash hands and cutting board after working with chile.



4. Start the Vegetables

- Return pan used to sear salmon to medium-high heat.
- Add 2 tsp. **olive oil** and **carrot** to hot pan. Stir occasionally until lightly browned and starting to soften, 4-5 minutes.



2. Make Glaze and Prepare Salmon

- Combine **teriyaki glaze**, half the **ginger**, and half the **garlic** (reserve remaining of both for vegetables) in a mixing bowl.
- Pour half the glaze mixture into another mixing bowl and set both aside. Using two bowls allows half to be used on raw salmon and remaining to be reserved uncontaminated.
- Pat **salmon fillets** dry, and season flesh side with a pinch of **pepper**.



5. Finish Vegetables and Finish Dish

- Add **bok choy** and **white portions of green onions** to hot pan and stir occasionally, 2 minutes.
- Add remaining **ginger**, remaining **garlic**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**. Stir often until vegetables are tender but still slightly crisp, 3-4 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **salmon** with **glaze mixture from second bowl** and garnishing **vegetables** with **red Fresno chile** (to taste) and entire dish with **green portions of green onions**. Bon appétit!