



### In your box

- 3 oz. Peas
- 2 fl. oz. Teriyaki Glaze
- 1 tsp. Umami Seasoning
- 4 oz. Cremini Mushrooms
- 8½ oz. Cooked Jasmine Rice
- ¼ tsp. Red Pepper Flakes

### Customize It Options

- 12 oz. Salmon Fillets
- 12 oz. Sirloin Steaks
- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Pork Tenderloin Medallions

*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
- Medium Non-Stick Pan, Large Non-Stick Pan

### 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.

15 Minute Meal Kit



## Teriyaki Salmon

with mushroom fried rice

NUTRITION per serving—Calories: 760, Carbohydrates: 66g, Sugar: 12g, Fiber: 3g, Protein: 44g, Sodium: 1580mg, Fat: 34g, Saturated Fat: 7g  
 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

**15 min.**

Cook Within

**3 days**

Difficulty Level

**Easy**

Spice Level

**Mild**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **teriyaki glaze**

### Customize It Instructions

- If using **customized protein**, pat dry and season both sides with a pinch of **salt** and **pepper**.
- If using **sirloin steaks**, follow same instructions as salmon in Step 1, cooking until steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.*
- If using **chicken breasts**, follow same instructions as salmon in Step 1, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **pork medallions**, follow same instructions as salmon in Step 1, cooking until pork reaches minimum internal temperature, 3-5 minutes per side. Rest 3 minutes. *Medallion thickness can vary; if you receive a thinner medallion, we recommend checking for doneness sooner.*



### 1. Cook the Salmon

- Pat **salmon fillets** dry, and season flesh side with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add salmon, skin side up, to hot pan. Cook until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Remove from burner.
- While salmon cooks, prepare ingredients.



### 2. Prepare the Ingredients

- Cut **mushrooms** into ¼" slices.
- Carefully massage **rice** in bag to break up any clumps. Tear a small slit in an upper corner of bag to vent. Place upright in microwave and heat, 45 seconds. Remove rice from packaging.



### 3. Make the Rice

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **mushrooms** to hot pan and stir occasionally until browned, 3-4 minutes.
- Add **rice**, **seasoning blend**, and **red pepper flakes** (to taste) and stir until any rice clumps are broken up. Then add **peas** and stir occasionally until heated through, 1-2 minutes.
- Stir in half the **teriyaki glaze** (reserve remaining for garnish), then stir constantly until sauce reduces slightly and rice is fully coated, 1-2 minutes.
- Remove from burner.



### 4. Finish the Dish

- Plate dish as pictured on front of card, topping **salmon** with remaining **teriyaki glaze**. Bon appétit!