



#### In your box

2 Heads of Baby Bok Choy  
2 Green Onions  
1 Red Fresno Chile  
2 Garlic Cloves  
8 oz. Carrot  
1 Tbsp. Chopped Ginger  
2 oz. Teriyaki Glaze

#### Customize It Options

12 oz. Salmon Fillets  
12 oz. Mahi-Mahi Fillets  
12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets  
13 oz. Boneless Skinless Chicken Breasts

\*Contains: wheat, soy, fish (salmon, tilapia)

#### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Medium Non-Stick Pan, 2 Mixing Bowls, Baking Sheet



## Teriyaki Ginger-Glazed Salmon

with stir-fried bok choy and carrots

NUTRITION per serving—Calories: 468, Carbohydrates: 23g, Fat: 28g, Protein: 37g, Sodium: 1340mg.

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

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- 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 **wild caught salmon**, follow same instructions as regular salmon in Steps 2 and 3, searing over medium heat. Brush or spoon on glaze, then roast in hot oven until salmon reaches minimum internal temperature, 6-8 minutes.
- If using **mahi-mahi**, follow same instructions as salmon in Steps 2 and 3, searing over medium heat. Brush or spoon on glaze, then roast in hot oven until salmon reaches minimum internal temperature, 3-5 minutes.
- If using **chicken**, pat dry and season both sides with a pinch of pepper. Follow same instructions as salmon in Step 3, searing over medium heat, 4-5 minutes. Brush or spoon on glaze, then roast in hot oven until salmon reaches minimum internal temperature, 10-12 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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## Prepare the Ingredients

- Peel, trim, and cut **carrot** on an angle into ¼" slices.
- Remove any discolored outer leaves from **bok choy** and trim ends. Cut stems into ½" 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.
- Stem, seed, and slice **red Fresno chile** into thin rounds. *Retain seeds for more spice. Wash hands and cutting board after working with chile.*
- Mince **garlic**.



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## 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 brushed on raw salmon and remaining to be reserved uncontaminated.*
- Pat **salmon fillets** dry, and season flesh side with a pinch of **pepper**.



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## Sear and Bake 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 on one side until golden brown, 2-4 minutes.
- Transfer salmon to prepared baking sheet, skin side down. Brush or spoon **glaze mixture from one bowl** onto salmon. Reserve second bowl. Roast in hot oven until salmon is firm and reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- Reserve pan; no need to wipe clean.
- While salmon bakes, cook vegetables.



4

## Start the Vegetables

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



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## Finish Vegetables and Finish Dish

- Add **bok choy** and **white portions of green onions** to pan and stir occasionally, 2 minutes.
- Add remaining **ginger**, remaining **garlic**, ¼ tsp. **salt**, and a pinch of **pepper**. Stir often until vegetables are tender but still slightly crisp, 3-4 minutes.
- Plate dish as pictured on front of card, topping **salmon** with **glaze mixture from second bowl** and garnishing **vegetables** with **red Fresno rounds** (to taste) and entire dish with **green portions of green onions**. Bon appétit!