



#### In your box

1 oz. Teriyaki Glaze  
1 Tbsp. Chopped Ginger  
2 Garlic Cloves  
½ oz. Toasted Sesame Oil  
2 Green Onions  
12 oz. Green Beans

#### Customize It Options

12 oz. Salmon Fillets  
13 oz. Boneless Skinless Chicken Breasts  
12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets  
14 oz. USDA Choice New York Strip Steak (Serves 2)

#### You will need

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



Customer Favorite

## Roasted Salmon with Ginger-Scallion Sauce and charred green beans

NUTRITION per serving—Calories: 502, Carbohydrates: 18g, Fat: 35g, Protein: 37g, Sodium: 1197mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
\*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time  
**25-35 min.**

Cook Within  
**3 days**

Difficulty Level  
**Intermediate**

Spice Level  
**Not Spicy**

## 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, green onions

## Customize It Instructions

- If using **wild-caught salmon**, follow same instructions as regular salmon in Step 1 and 2, searing salmon on flesh side, 1-3 minutes. Follow same instructions as regular salmon in Step 3, roasting until salmon reaches minimum internal temperature, 6-8 minutes.
- If using **chicken breasts**, follow same instructions as salmon in Step 1, seasoning on both sides, and Step 2, cooking until browned, 4-5 minutes on one side. Follow same instructions as salmon in Step 3, roasting until chicken reaches minimum internal temperature, 8-10 minutes.
- If using **NY strip steak**, follow same instructions as salmon in Step 1, seasoning on both sides, and Step 2, cooking undisturbed until browned, 2 minutes. Follow same instructions as salmon in Step 3, roasting until steak reaches minimum internal temperature, 14-17 minutes. Let rest, 5 minutes. Halve NY strip to serve.

### Minimum Internal Temperature

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



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### Prepare the Ingredients

- Trim ends off **green beans**.
- Mince **garlic**.
- Mince **white portions of green onions**.
- Optional: Trim and cut 2" pieces from **green portions of green onions**. Slice pieces into very thin strips and cover with **cold water** in a mixing bowl to "curl" into a garnish.
- Pat **salmon fillets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



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### Sear the Salmon

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Place **salmon** in hot pan, skin side up, and cook undisturbed until browned, 2-4 minutes on one side.



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### Roast the Salmon

- Transfer **salmon** to prepared baking sheet, seared side up, and roast in hot oven until flesh is opaque and salmon reaches minimum internal temperature, 7-10 minutes.
- Wipe pan clean and reserve.
- While salmon roasts, cook green beans.



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### Cook the Green Beans

- Return pan used to sear salmon to high heat and add 2 tsp. **olive oil**. Add **green beans**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan and stir often until beans are bright green and beginning to char, 3-5 minutes.
- Stir in half the **ginger** and half the **garlic** (reserve remaining of both for sauce). Cook until aromatic and beans are tender but still crisp, 1-2 minutes.
- If green beans need more time, add 2 Tbsp. **water** and stir occasionally, 1-3 minutes.
- Remove from burner.



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### Make Sauce and Finish Dish

- In another mixing bowl, combine remaining **ginger**, remaining **garlic** (to taste), **sesame oil** (to taste), **teriyaki glaze**, **white portions of green onions**, and 2 Tbsp. **water**. Sauce will have a thin consistency.
- Plate dish as pictured on front of card, topping **salmon** with **sauce** and **green onion curls**. Bon appétit!