



In your box

¼ oz. Cilantro
2 tsp. Sriracha
.42 oz. Mayonnaise
1 Lemon
12 oz. Brussels Sprouts
1 Tbsp. Miso Paste
1 Lime
½ fl. oz. Honey

Customize It Options

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

*Contains: eggs, soy, fish (salmon, tilapia)

You will need

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



Citrus-Miso Salmon

with bang bang-roasted Brussels sprouts

NUTRITION per serving—Calories: 530, Carbohydrates: 24g, Fat: 34g, Protein: 38g, Sodium: 1528mg.

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 **450 degrees**
- ☐ Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **wild-caught salmon**, follow same instructions as regular salmon in Steps 1 and 5, cooking until salmon reaches minimum internal temperature, 3-5 minutes per side.
- If using **mahi-mahi**, follow same instructions as regular salmon in Steps 1 and 5, cooking over medium-high heat until mahi-mahi reaches minimum internal temperature, 3-5 minutes per side.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Zest **lemon**, halve, and juice. Zest *only the outside part*; avoid *white pith underneath skin*.
- Zest **lime**, halve, and juice.
- Mince **cilantro** (no need to stem).
- Pat **salmon fillets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



2

Roast the Brussels Sprouts

- Place **Brussels sprouts** on prepared baking sheet and toss with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil into sprouts.
- Spread into a single layer, cut-side down, and roast in hot oven until tender and browned, 14-16 minutes.
- While Brussels sprouts roast, make bang bang sauce.



3

Make the Bang Bang Sauce

- In a mixing bowl, combine **mayonnaise** and **Sriracha** (to taste). Set aside.



4

Make the Citrus-Miso Sauce

- In another mixing bowl, combine **miso**, **honey**, ¼ tsp. **lemon zest**, and ¼ tsp. **lime zest** until miso is dissolved and sauce is smooth.
- Stir in 1½ tsp. **lemon juice**, 1½ tsp. **lime juice**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper**. Set aside.



5

Cook Salmon and Finish Dish

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **salmon**, skin side up, to hot pan and cook until salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Remove from burner.
- Plate dish as pictured on front of card, placing **salmon** on **citrus-miso sauce** and garnishing **Brussels sprouts** with **bang bang sauce** and **cilantro**. Bon appétit!