



In your box

- 2 Russet Potatoes
- 8 oz. Green Beans
- ½ oz. Dijon Mustard
- ½ oz. Light Brown Sugar
- 2 oz. Sour Cream
- 1 tsp. Powdered Ranch Seasoning

Customize It Options

- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts
- 16 oz. Bone-in Pork Chops
- 12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Baking Sheet, Mixing Bowl, Medium Pot, Colander, Medium Non-Stick Pan



Brown Sugar Salmon

with ranch mashed potatoes and green beans

NUTRITION per serving—Calories: 626, Carbohydrates: 48g, Fat: 32g, Protein: 40g, Sodium: 1566mg.
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
30-40 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
- Upon delivery, remove **potato** from meal bag and store at room temperature

Customize It Instructions

- If using **chicken breast**, follow same instructions in Step 1 and Step 3, searing one side, 4-5 minutes. Follow same instructions in Step 4, placing chicken on baking sheet seared side up and roasting until chicken reaches minimum internal temperature, 10-12 minutes.
- If using **wild-caught salmon**, follow same instructions in Step 1 and Step 3, searing one side, 2-3 minutes. Follow same instructions in Step 4, placing salmon on baking sheet seared side up and roasting until salmon reaches minimum internal temperature, 6-8 minutes.
- If using **bone-in pork chop**, follow same instructions in Step 1 and Step 3, searing one side, 2-3 minutes. Follow same instructions in Step 4, placing pork on baking sheet seared side up and roasting until salmon reaches minimum internal temperature, 8-10 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Peel and cut **potatoes** into large chunks.
- Trim ends off **green beans**.
- In a mixing bowl, combine **Dijon** and **brown sugar**. Set aside.
- Pat **salmon fillets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**. Set aside.



2

Make the Mashed Potatoes

- Bring a medium pot with **potatoes**, 8 cups **water**, and 2 tsp. **salt** to a boil. Cook until potatoes are tender, 14-18 minutes.
- Reserve ½ cup **potato cooking water**. Drain potatoes in a colander and return to pot.
- Add **sour cream** and **ranch seasoning** and mash until creamy. *If too dry, add potato cooking water 1 Tbsp. at a time until desired consistency is reached.* Cover and set aside.
- While potatoes cook, sear salmon.



3

Sear the Salmon

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **salmon** to hot pan, skin-side up, and cook until browned, 2-4 minutes.
- Flip salmon and remove from burner. *Salmon will finish cooking in a later step.*



4

Glaze and Roast the Salmon

- Transfer **salmon** to prepared baking sheet, skin-side down. Brush **Dijon-brown sugar mixture** on flesh side.
- Roast in hot oven until salmon reaches minimum internal temperature (find temperature in Customize It Instructions), 7-10 minutes.
- Wipe pan clean and reserve.
- While salmon roasts, cook green beans.



5

Cook the Green Beans

- Return pan used to sear salmon to medium-high heat and add 2 tsp. **olive oil**.
- Add **green beans**, ¼ cup **water**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until water evaporates and beans are tender but still crisp, 6-8 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.*
- Remove from burner.
- Plate dish as pictured on front of card. Bon appétit!