



In your box

- 3 oz. Corn Kernels
- 2 Green Onions
- 2 Garlic Cloves
- 1 Lime
- 12 oz. Salmon Fillets
- 6 Small Flour Tortillas
- 2 oz. Queso Fresco
- 2 oz. Sour Cream
- ½ oz. Crispy Jalapeños

CONTAINS milk, wheat, soy, fish (salmon)



Salmon Tacos

with queso fresco and crispy jalapeños

NUTRITION per serving—Calories: 838, Carbohydrates: 48g, Fat: 51g, Protein: 48g, Sodium: 1344mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
20-30 min.

Cook Within
3 days

Difficulty Level ● ○ ○
Easy

Spice Level ● ○ ○ ○
Mild

🕒 You will need

Olive Oil, Salt, Pepper

Mixing Bowl, Medium Oven-Safe Non-Stick Pan

👑 Before you cook

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

- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry



1

Prepare the Ingredients

- Rinse **corn kernels** under warm water if still frozen.
- Trim and thinly slice **green onions**.
- Mince **garlic**.
- Halve **lime** and juice.
- Pat **salmon fillets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



2

Make the Salsa

- Combine **corn, green onions, garlic** (to taste), 2 tsp. **lime juice**, 1 tsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper** in a mixing bowl.
- Set aside.



3

Cook the Salmon

- Place a medium oven-safe non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Place **salmon** in hot pan, skin side up. Cook until browned, 2-3 minutes.
- Flip salmon, place pan in oven, and roast until salmon reaches a minimum internal temperature of 145 degrees, 5-7 minutes.
- While salmon roasts, warm tortillas.



4

Warm the Tortillas

- Wrap **tortillas** in foil and place directly on oven rack. Bake until warmed through, 5-7 minutes.



5

Assemble the Tacos

- Using forks, carefully flake **salmon** and divide between **tortillas**.
- Plate dish as pictured on front of card, topping **tacos** with **corn salsa, queso fresco** (crumble if necessary), **sour cream**, and **crispy jalapeños**. (Taste crispy jalapeños before you add them to tacos. They are spicy!) Bon appétit!