



In your box

- 3 oz. Frozen Mangoes
- 2 Green Onions
- 1 Red Fresno Chile
- 1 Lime
- 12 oz. Salmon Fillets
- 2 fl. oz. Jerk Sauce
- 8 oz. Slaw Mix

Quick 'n Easy

Jerk Salmon and Caribbean slaw

NUTRITION per serving—Calories: 514, Carbohydrates: 25g, Fat: 32g, Protein: 35g, Sodium: 1121mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
3 days

Difficulty Level 
Easy

Spice Level 
Medium



📌 You will need

Olive Oil, Salt, Pepper

Medium Non-Stick Pan, Mixing Bowl

👑 Before you cook

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

- ☐ Thoroughly rinse produce and pat dry



1

Prepare the Ingredients

- Coarsely chop **mangoes**.
- Trim and thinly slice **green onions**.
- Stem, seed, remove ribs, and mince **Fresno chile**. *Be sure to wash hands, utensils, and cutting board after working with Fresno chile.*
- Halve **lime** and juice.
- Pat **salmon fillets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



2

Sear the Salmon

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **salmon**, skin side up, and sear until golden brown, 4-6 minutes.



3

Finish the Salmon

- Flip **salmon**, and cook until salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes.
- Transfer salmon to plate and brush with **jerk sauce**. Rest at least 5 minutes.
- While salmon rests, make slaw.



4

Make the Slaw

- Combine **slaw**, **mangoes**, **green onions**, half the **Fresno chile**, 1 Tbsp. **lime juice**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** in a mixing bowl.
- Taste, and add remaining Fresno if desired.



5

Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!