



### In your box

¼ oz. Cilantro  
1 Ear of Corn  
1 Roma Tomato  
1 Jalapeño Pepper  
2 tsp. Mojito Lime Seasoning  
1 Lime  
4 Small Flour Tortillas  
.84 oz. Chipotle Mayonnaise  
1 oz. Queso Fresco

### Customize It Options

12 oz. Salmon Fillets  
13 oz. Boneless Skinless Chicken Breasts  
12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets  
10 oz. Antibiotic-Free Ground Beef

### You will need

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



## Summer Salmon Tostadas

with corn salsa and queso fresco

NUTRITION per serving—Calories: 680, Carbohydrates: 42g, Fat: 40g, Protein: 43g, Sodium: 1396mg.  
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  
**Medium**

## 👑 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: cilantro

## Customize It Instructions

- If using **wild-caught salmon**, follow same instructions as regular salmon in Step 1 and Step 4, cooking until salmon reaches minimum internal temperature, 3-5 minutes. Follow same flaking instructions.
- If using **ground beef**, season with seasoning blend, and a pinch of salt and pepper. Follow same instructions as salmon in Step 4, breaking into small pieces until no pink remains, 4-6 minutes.
- If using **chicken breasts**, pat dry and cut into 1" pieces. Season all over with seasoning blend and a pinch of salt and pepper. Follow same instructions as salmon in Step 4, stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. No flaking needed.

### Minimum Internal Temperature

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



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## Prepare the Ingredients

- Peel husk off **corn** and carefully remove kernels from cob.
- Core **tomato** and cut into ¼" dice.
- Stem **jalapeño**, seed, and remove ribs. Cut into ¼" dice. Be sure to wash hands and cutting board after working with jalapeño.
- Halve and juice **lime**.
- Mince **cilantro** (no need to stem).
- Pat **salmon** dry, and season flesh-side with a pinch of **salt** and a pinch of **pepper**.



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## Make the Tostada Shells

- Poke **tortillas** with a fork all over, 10 times for each tortilla.
- Place tortillas on prepared baking sheet and drizzle with 1 tsp. **olive oil**. Massage oil into tortillas.
- Toast in hot oven until browned and crispy, 5-7 minutes.
- While shells toast, make salsa.



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## Make the Salsa

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **corn** to hot pan and stir occasionally until lightly charred, 3-4 minutes.
- Transfer to a mixing bowl and add **tomato, jalapeño** (to taste), 2 tsp. **lime juice, cilantro** (reserve a pinch for garnish), and a pinch of **salt** and **pepper**. Stir to combine and set aside.
- Wipe pan clean and reserve.



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## Cook the Salmon

- Return pan used to cook corn to medium heat and add 2 tsp. **olive oil**. Add **salmon** to hot pan, skin-side up, and cook until salmon reaches minimum internal temperature (find temperature in Customize It Instructions), 4-6 minutes per side.
- Transfer to a plate.
- Using a fork, carefully remove skin and flake into bite-sized pieces. Sprinkle with **seasoning blend**.



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## Finish the Dish

- Plate dish as pictured on front of card, topping **tostada shells** with **salmon, salsa, chipotle mayonnaise** (to taste), **cheese**, and reserved **cilantro**. Bon appétit!