



In your box

- 1 oz. Butter
- 2 Garlic Cloves
- ¼ oz. Parsley
- ½ oz. Hazelnut Pieces
- 5 oz. Asparagus
- 2 tsp. Mirepoix Base
- 1 Lemon
- 4 oz. Orzo Pasta

Customize It Options

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

You will need

- Olive Oil, Salt, Pepper
- Wire-Mesh Strainer, Medium Non-Stick Pan, Medium Pot



Salmon with Hazelnut Brown Butter Sauce and garlic asparagus orzo

NUTRITION per serving—Calories: 720, Carbohydrates: 50g, Fat: 42g, Protein: 43g, Sodium: 1268mg.
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
- ❑ Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- ❑ Ingredient(s) used more than once: **pasta cooking water**

Customize It Instructions

- If using **wild-caught salmon**, follow same instructions as salmon in Step 1 and Step 3, cooking until salmon reaches minimum internal temperature, 3-5 minutes per side
- If using **chicken breasts**, follow same instructions as salmon in Step 1, seasoning both sides. Follow same instructions as salmon in Step 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **filets mignon**, follow same instructions as salmon in Step 1, seasoning both sides. Follow same instructions as salmon in Step 3, cooking until steak reaches minimum internal temperature, 5-8 minutes per side.

Minimum Internal Temperature

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



1

Cook the Orzo

- Once water is boiling, add **orzo** and cook until al dente, 4-5 minutes.
- Reserve 1 cup **pasta cooking water**. Drain orzo in a wire-mesh strainer and set aside.
- Reserve pot; no need to wipe clean.
- While orzo cooks, prepare ingredients.



2

Prepare the Ingredients

- Mince **parsley**, leaves and stems.
- Trim woody ends off **asparagus** and cut into 2" lengths.
- Zest and halve **lemon**. Cut one half into wedges and juice the other half.
- Mince **garlic**.
- Pat **salmon fillets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



3

Cook the Salmon

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **salmon**, skin side up, to hot pan and sear until golden brown and salmon reaches minimum internal temperature, 4-6 minutes per side.
- Remove salmon to a plate and tent with foil.
- Reserve pan; no need to wipe clean.



4

Finish the Orzo

- Return pot used to cook orzo to medium-high heat and add 1 tsp. **olive oil**.
- Add **asparagus**, **garlic**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pot. Stir occasionally until garlic is fragrant, 1-2 minutes.
- Add ½ cup reserved **pasta cooking water** (reserve remaining for sauce) and stir occasionally until asparagus is tender, 3-4 minutes.
- Stir in **orzo** and **mirepoix base**. Remove from burner. Cover and set aside.



5

Make Sauce and Finish Dish

- Return pan used to cook salmon to medium heat. Add **butter** to hot pan and cook until butter is melted, browned, and smells nutty, 1-2 minutes.
- Stir in **hazelnuts**, 1 Tbsp. **lemon juice**, 1 tsp. **lemon zest**, ¼ cup reserved **pasta cooking water**, and a pinch of **salt**. Bring to a boil. Once boiling, stir occasionally until slightly thickened, 2-3 minutes.
- Remove from burner and stir in **parsley**.
- Plate dish as pictured on front of card, spooning sauce over **salmon**. Squeeze **lemon wedges** over dish (to taste). Bon appétit!