

**In your box**

½ oz. Crispy Garlic  
.6 oz. Butter  
½ oz. Grated Parmesan  
4 oz. Grape Tomatoes  
12 oz. Asparagus  
1 oz. Balsamic Glaze

**Customize It Options**

12 oz. Salmon Fillets  
12 oz. Wild Caught Salmon Fillets



## Parmesan Butter Salmon

with asparagus and grape tomatoes

NUTRITION per serving—Calories: 515, Carbohydrates: 13g, Fat: 36g, Protein: 39g, Sodium: 910mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
\*Nutritional information may vary if you selected an alternative protein as your customized option

Prep & Cook Time

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Not Spicy

## You will need

Olive Oil, Salt, Pepper

Medium Non-Stick Pan, Large 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!

- Set butter on counter to soften
- Thoroughly rinse produce and pat dry



### Cook the Salmon

- Pat **salmon fillets** dry, and season flesh side with a pinch of **salt** and **pepper**.
- 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 a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- If using **wild-caught salmon**, follow same instructions and sear until salmon reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Remove from burner. While salmon cooks, cook vegetables.



### Make the Butter

- In a mixing bowl, combine **butter**, **cheese**, and  $\frac{1}{4}$  tsp. **pepper**. Set aside.



### Cook the Vegetables

- Trim woody ends off **asparagus** and cut into 1" lengths.
- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add asparagus,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until beginning to soften, 4-5 minutes.
- Add **tomatoes** and stir occasionally until tomatoes are charred and asparagus is lightly charred and tender, but still crisp, 5-6 minutes.
- Remove from burner.



### Finish the Dish

- Plate dish as pictured on front of card, topping **salmon** with **butter**. Drizzle **vegetables** with **balsamic glaze**. Coarsely crush **crispy garlic** and sprinkle over vegetables (to taste). Bon appetit!