



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 ¼ 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, ¼ 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 appétit!