



In your box

- ½ oz. Baby Arugula
- ⅔ oz. Balsamic Glaze
- 1 Tbsp. Meatloaf Seasoning
- ½ oz. Grated Parmesan
- 4 oz. Grape Tomatoes
- 2 Russet Potatoes
- 2 Garlic Cloves
- ½ fl. oz. Basil Oil

Customize It Options

- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Grass Fed Sirloin Steaks
- 12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets

You will need

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



Salmon Bruschetta

with arugula and potato rounds

NUTRITION per serving—Calories: 640, Carbohydrates: 43g, Fat: 36g, Protein: 41g, Sodium: 1399mg.
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
- Preheat oven to 400 degrees
- Prepare a baking sheet with foil and cooking spray
- Upon delivery, remove potato from meal bag and store at room temperature

Customize It Instructions

- If using **chicken**, follow same instructions as salmon in Steps 2 and 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **sirloin steaks**, follow same instructions as salmon in Step 2, seasoning both sides with ¼ tsp. salt and a pinch of pepper. Follow same instructions as salmon in Step 3, cooking until steak reaches minimum internal temperature, 5-7 minutes per side.
- If using **wild-caught salmon**, follow same instructions as regular salmon in Steps 2 and 3, placing skin-side down in hot pan and cooking until salmon reaches minimum internal temperature, 3-5 minutes per side.

Minimum Internal Temperature

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



1

Bake the Potatoes

- Slice **potatoes** into ¼" rounds.
- Place potato slices on prepared baking sheet and toss with 2 tsp. **olive oil**, **seasoning blend**, and a pinch of **salt** and **pepper**. Massage oil and seasoning into potatoes.
- Spread into a single layer and bake in hot oven until golden brown and tender, 20-25 minutes.
- Sprinkle baked potatoes with **Parmesan**.
- While potatoes bake, prepare ingredients.



2

Prepare the Ingredients

- Halve **tomatoes**.
- Coarsely chop **arugula**.
- Mince **garlic**.
- Pat **salmon** dry, and season flesh side with a pinch of **salt** and **pepper**.



3

Cook the Salmon

- Heat 2 tsp. **olive oil** in a medium non-stick pan over medium heat.
- Add **salmon**, skin-side up, to hot pan and cook until golden brown and salmon reaches minimum internal temperature, 4-6 minutes per side.
- Remove from burner.
- While salmon cooks, make tomato mixture.



4

Make the Tomato Mixture

- In a mixing bowl, combine **tomatoes**, **garlic**, **basil oil**, and ¼ tsp. **salt**. Gently stir in **arugula** until coated.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **salmon** with **tomato mixture** and drizzling with **balsamic glaze**. Bon appétit!