



In your box

- 2 Garlic Cloves
- 12 oz. Red Potatoes
- 1 oz. Preserved Lemon Slices
- 2 Zucchini
- 1 oz. Sour Cream
- 3 Thyme Sprigs
- 1 oz. Butter
- 1 tsp. Chimichurri Seasoning

Customize It Options

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



Staff Pick

Preserved Lemon-Butter Salmon

with thyme mashed potatoes & zucchini

NUTRITION per serving—Calories: 606, Carbohydrates: 41g, Fat: 37g, Protein: 39g, Sodium: 1524mg.

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

① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Pot, Colander, Medium Non-Stick Pan, Baking Sheet, Mixing Bowl

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Set **butter** on counter to soften
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Cook the Potatoes

- Stem and mince **thyme**.
- Quarter **potatoes**. Bring a medium pot with potatoes, 4 cups **water**, and 1 tsp. **salt** to a boil. Once boiling, cook until fork-tender, 15-18 minutes.
- Reserve ½ cup **potato cooking water**. Drain potatoes in a colander and return to pot. Add **sour cream**, half the potato cooking water, thyme, ¼ tsp. salt, and a pinch of **pepper**. Mash until smooth. *If dry, add remaining potato cooking water, 1 Tbsp. at a time.* Cover and set aside.
- While potatoes boil, prepare ingredients.



2

Prepare the Ingredients

- Mince **preserved lemons**.
- Trim **zucchini** ends, halve lengthwise, and cut into ¼" half-moons.
- Mince **garlic**.
- Pat **salmon** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.
- *If using wild-caught salmon or chicken breasts, pat dry and season both sides same amount.*



3

Cook the Salmon

- Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **salmon**, skin-side up, to hot pan. Sear on one side until golden brown, 2-4 minutes.
- Transfer to prepared baking sheet, seared-side up. Roast until salmon reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- Reserve pan; no need to wipe clean.
- *If using wild-caught salmon, sear in a medium non-stick pan over medium heat with 2 tsp. olive oil, 2-4 minutes on one side. Then follow same instructions, roasting until salmon reaches a minimum internal temperature of 145 degrees, 6-8 minutes. If using chicken breasts, sear in a medium non-stick pan over medium heat with 1 tsp. olive oil, 4-5 minutes on one side. Then follow same instructions, roasting until chicken reaches a minimum internal temperature of 165 degrees, 6-8 minutes.*
- While salmon roasts, cook vegetables.



4

Cook the Vegetables

- Return pan used to cook salmon to medium heat and add 1 tsp. **olive oil**.
- Add **zucchini, garlic, seasoning blend**, and a pinch of **salt** and **pepper** to hot pan. Stir occasionally until zucchini is tender, 3-4 minutes.
- Remove from burner.



5

Make Compound Butter and Finish Dish

- In a mixing bowl, combine softened **butter** and **preserved lemon**. Form into two equal-sized mounds.
- Plate dish as pictured on front of card, topping **salmon** with **compound butter mound**. Bon appétit!