



### In your box

- 4 oz. Orzo Pasta
- ½ oz. Grated Parmesan
- 2 Green Onions
- 1 tsp. Meatloaf Seasoning
- 4 oz. Grape Tomatoes
- 1 Shallot
- .6 oz. Butter
- 1 Tbsp. Basil Pesto
- 1 oz. Goat Cheese

### Customize It Options

- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (Serves 2)
- 12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets

\*Contains: milk, wheat, fish (salmon)

### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Medium Pot, Wire-Mesh Strainer, Medium Non-Stick Pan, Baking Sheet



## Basil Pesto Salmon

with grape tomatoes and goat cheese orzo

NUTRITION per serving—Calories: 730, Carbohydrates: 54g, Fat: 39g, Protein: 47g, Sodium: 1339mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 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**
- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray

## Customize It Instructions

- If using **wild-caught salmon**, follow same instructions as regular salmon in Steps 1 and 3, searing over medium heat on flesh side until golden brown, 2-4 minutes. Then follow same instructions until salmon reaches minimum internal temperature, 6-8 minutes.
- If using **NY Strip steak**, follow same instructions as salmon in Steps 1 and 3, searing undisturbed, 2 minutes. Transfer to baking sheet and roast in hot oven until steak reaches minimum internal temperature, 14-17 minutes. Halve to serve.
- If using **chicken**, follow same instructions as salmon in Steps 1 and 3, searing over medium heat until browned, 5-5 minutes. Transfer to baking sheet and roast in hot oven until chicken reaches minimum internal temperature, 10-12 minutes.

Minimum Internal Temperature

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



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### Boil the Orzo Pasta

- Once water is boiling, add **orzo pasta** and cook until al dente, 4-5 minutes.
- Reserve  $\frac{1}{2}$  cup **pasta cooking water**. Drain pasta into a wire-mesh strainer and set aside.
- While pasta cooks, prepare ingredients.



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### Prepare the Ingredients

- Halve **tomatoes**.
- Trim and thinly slice **green onions**.
- Peel and halve **shallot**. Slice thinly.
- Pat **salmon** dry, and season flesh-side with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**.



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### Cook the Salmon

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **salmon** to hot pan, flesh-side down, and cook until browned, 3-5 minutes.
- Transfer to prepared baking sheet, skin-side down. Wipe pan clean and reserve.
- Roast in hot oven until salmon reaches a minimum internal temperature of 145 degrees, 5-7 minutes.
- While salmon roasts, make orzo pasta.



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### Start the Orzo Pasta

- Return pan used to cook salmon to medium heat. Add 2 tsp. **olive oil** and **shallot** to hot pan. Stir occasionally until shallot is softened, 1-2 minutes.
- Add **orzo pasta**, half the reserved **pasta cooking water** (reserve remaining for adjusting consistency later), **tomatoes**, and **green onions**. Stir occasionally until heated through, 1-2 minutes.



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### Finish Pasta and Finish Dish

- Add **butter**, **Parmesan**, **seasoning blend**, **goat cheese** (crumbling with your hands if needed),  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper** to pan. Stir occasionally until butter melts and pasta is creamy, 1-2 minutes.
- Remove from burner.
- *If too dry, add remaining pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.*
- Plate dish as pictured on front of card, topping **salmon** with **pesto**. Bon appétit!