



#### In your box

- 8 oz. Shrimp
- 8 oz. Jumbo Shrimp
- 12 oz. Mahi-Mahi Fillets
- 12 oz. Salmon Fillets
- 12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets



#### Protein Pack

## Select Seafood Pack

includes 3 mahi-mahi fillets, 2 salmon fillets, 2 wild-caught salmon fillets, 8 oz. shrimp, and 8 oz. jumbo shrimp

NUTRITION per serving—Calories: 205, Carbohydrates: 1g, Fat: 7g, Protein: 36g, Sodium: 593mg.  
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  
**10-20 min.**

Cook Within  
**3 days**

Difficulty Level  
**Easy**

Spice Level  
**Not Spicy**



### Mahi-Mahi Instructions

- Pat **mahi-mahi** dry. We recommend seasoning both sides with  $\frac{1}{4}$  tsp. salt and a pinch of pepper.
- Use a large non-stick pan with 2 tsp. olive oil over medium-high heat and cook to a minimum internal temperature of 145 degrees, 3-5 minutes per side.



### Salmon Instructions

- Pat **salmon** dry. We recommend seasoning flesh side with  $\frac{1}{4}$  tsp. salt and a pinch of pepper.
- Use a large non-stick pan over medium heat with 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.
- For **wild-caught salmon**, follow same instructions and cook until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.



### Shrimp Instructions

- Pat **shrimp** dry. We recommend seasoning shrimp with a pinch of salt and pepper.
- Use a large non-stick pan over medium-high heat with 2 tsp. olive oil. Add shrimp to hot pan and cook undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes.



### Jumbo Shrimp Instructions

- Pat **jumbo shrimp** dry. We recommend seasoning shrimp with a pinch of salt and pepper.
- Use a large non-stick pan over medium-high heat with 2 tsp. olive oil and cook undisturbed until opaque and shrimp reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side.