



In your box

- 24 oz. Tilapia Fillets
- 24 oz. Mahi-Mahi Fillets
- 24 oz. Salmon Fillets



Seafood Sampler

includes 4 salmon fillets, 6 mahi-mahi fillets, and 4 tilapia fillets

NUTRITION per serving—Calories: 298, Carbohydrates: 1g, Fat: 11g, Protein: 50g, Sodium: 260mg.

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

10-20 min.

Cook Within

3 days

Difficulty Level

Easy

Spice Level

Not Spicy



1

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.



2

Salmon Instructions

- Pat **salmon** dry. We recommend seasoning flesh side with $\frac{1}{4}$ tsp. salt and a pinch of pepper.
- Place a large 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.



3

Tilapia Instructions

- Pat **tilapia** dry. We recommend seasoning both sides with $\frac{1}{4}$ tsp. salt and a pinch of pepper.
- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add tilapia to hot pan and cook until fish reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side.