



In your box

- 2 Garlic Cloves
- 2 tsp. Mirepoix Base
- 4 oz. Broccolini
- 2 tsp. Roasted Garlic Peppercorn Rub
- 6 oz. Gemelli Pasta
- 2 oz. Light Cream Cheese
- ½ tsp. Garlic Salt

Customize It Options

- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, wheat, soy

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Medium Non-Stick Pan, Colander, Medium Pot, Baking Sheet



Staff Pick

Garlic Peppercorn Salmon Scampi

with garlic cream gemelli and broccolini

NUTRITION per serving—Calories: 894, Carbohydrates: 72g, Fat: 45g, Protein: 50g, Sodium: 1612mg.

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 **425 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 fillets**, follow same instructions as salmon in Step 3, placing in hot pan skin side up and cooking until salmon reaches minimum internal temperature, 3-5 minutes per side.
- If using **chicken breasts**, pat dry and season both sides with **seasoning rub**. Follow same instructions as salmon in Step 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.

Minimum Internal Temperature

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



1

Cook the Pasta

- Once **water** is boiling, add **pasta** and cook until al dente, 12-13 minutes.
- Reserve 1 cup **pasta cooking water**. Drain pasta in a colander and set aside. Reserve pot; no need to wipe clean.
- While pasta cooks, roast broccolini.



2

Roast the Broccolini

- Trim bottom end from **broccolini** and cut into 2" lengths.
- Place broccolini on prepared baking sheet and toss with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into broccolini.
- Spread into a single layer and roast in hot oven until tender and lightly browned, 12-15 minutes.
- While broccolini roasts, prepare remaining ingredients.



3

Prepare Remaining Ingredients and Cook Salmon

- Mince **garlic**.
- Pat **salmon** dry, and season flesh side with **seasoning rub**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add salmon, skin side up, to hot pan and cook until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- *Don't worry if salmon looks burnt; as it cooks, the rub will naturally blacken.*
- Remove from burner.



4

Make the Sauce

- Return pot used to cook pasta to medium-high heat and add 2 tsp. **olive oil**. Add **garlic** to hot pot and cook until aromatic, 30-60 seconds.
- Add ½ cup **pasta cooking water**, **cream cheese**, **mirepoix base**, and a pinch of **salt**. Bring to a boil, stirring until smooth, 1-2 minutes.
- Once boiling, stir in **pasta**, **broccolini**, and **garlic salt** until combined.
- *If too thick, add additional pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.*
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!