



In your box

- 2 oz. Grated Parmesan
- 1 oz. Sour Cream
- 1 Lemon
- ¼ oz. Parsley
- 8 oz. Green Beans
- 1 oz. Light Cream Cheese
- 3 oz. Roasted Red Peppers
- ½ oz. Seasoned Croutons
- 1 Russet Potato

Customize It Options

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

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

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Mixing Bowl, Baking Sheet, Medium Non-Stick Pan



Culinary Collection

Rockefeller Salmon

with roasted red pepper green beans and potatoes

NUTRITION per serving—Calories: 678, Carbohydrates: 33g, Fat: 41g, Protein: 50g, Sodium: 1706mg.

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

30-40 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**
- Set **cream cheese** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **Parmesan**
- Upon delivery, remove **potato** from meal bag and store at room temperature

Customize It Instructions

- If using **wild-caught salmon**, in Step 1, roast potatoes 19 minutes. Follow same instructions as salmon in Steps 2 and 3, searing over medium heat and roasting until salmon reaches minimum internal temperature, 6-8 minutes.
- If using **chicken**, pat dry and season both sides with a pinch of **salt** and **pepper**. Follow same instructions as salmon in Steps 2 and 3, searing over medium on one side until browned, 4-5 minutes. Roast until chicken reaches minimum internal temperature, 10-12 minutes.
- If using **steak** or **NY Strip steak**, pat dry and season both sides with a pinch of **salt** and **pepper**. Follow same instructions as salmon in Steps 2 and 3, searing on one side until browned, 2-3 minutes. Roast until steak reaches minimum internal temperature, 10-12 minutes. Halve strip steak to serve.

Minimum Internal Temperature

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



3

Cook the Salmon

- Place a medium non-stick pan over medium-high heat.
- Add 2 tsp. **olive oil** and **salmon**, skin side up, to hot pan. Sear on one side until golden brown, 2-4 minutes.
- Transfer to empty side of baking sheet, flesh side up. Reserve pan; no need to wipe clean.
- Gently spread **cream cheese mixture** evenly on salmon and top with **croutons**, pressing gently to adhere.
- Roast again until crust is golden brown, **potatoes** are fork-tender, and salmon reaches a minimum internal temperature of 145 degrees, 10-12 minutes.
- While salmon and potatoes roast, cook vegetables.



1

Roast the Potatoes

- Slice **potato** into thin rounds. Place on prepared baking sheet and toss with half the **Parmesan** (reserve remaining for salmon topping), 2 tsp. **olive oil**, and a pinch of **salt** and **pepper**. Massage oil and seasoning into potatoes.
- Spread into a single layer on one side and roast in hot oven, 15 minutes.
- Carefully remove from oven. *Potatoes will finish cooking in a later step.*
- While potatoes roast, prepare ingredients.



4

Cook the Vegetables

- Return pan used to cook salmon to medium heat. Add **green beans** and **roasted red peppers** to hot pan and stir to combine.
- Add 2 Tbsp. **water**, cover, and cook until beans are tender and water is almost completely evaporated, 5-7 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes*
- Remove from burner and season with ¼ tsp. **salt** and a pinch of **pepper**.



2

Prepare the Ingredients

- Trim ends off **green beans**.
- Coarsely chop **roasted red peppers**.
- Coarsely crush **croutons**.
- Coarsely chop **parsley** (no need to stem).
- Halve **lemon**. Cut one half into wedges and juice the other half.
- In a mixing bowl, combine **sour cream**, **cream cheese**, parsley, 1 Tbsp. lemon juice, remaining **Parmesan**, and a pinch of **salt** and **pepper**. Set aside.
- Pat **salmon** dry, and season flesh side with a pinch of salt and pepper.



5

Finish the Dish

- Plate dish as pictured on front of card, squeezing **lemon wedges** over dish to taste. Bon appétit!