In your box

16 oz. Shrimp
24 oz. Salmon Fillets
24 oz. Mahi-Mahi Fillets

*Contains: fish (salmon, mahi-mahi), shellfish (shrimp)

HOME CHEF

Seafood Sampler

includes 4 salmon fillets, 6 mahi-mahi fillets, and 16 oz. shrimp

NUTRITION per serving–Calories: 272, Carbohydrates: 1g, Fat: 10g, Protein: 40g, Sodium: 584mg.
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	Cook Within	Difficulty Level	Spice Level
10-20 min.	3 days	Easy	Not Spicy

1

Mahi-Mahi Instructions

- Pat **mahi-mahi** dry. We recommend seasoning both sides with ¼ 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 ¼ 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.

3

Shrimp Instructions

- Pat **shrimp** dry. We recommend seasoning both sides with a pinch of salt and pepper.
- Place a large non-stick pan over medium-high heat and add 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.