



In your box

- 4 oz. Slaw Mix
- 1 Tbsp. Grained Dijon Mustard
- 2 Green Onions
- 2 tsp. Meatloaf Seasoning
- 12 oz. Yukon Potatoes
- 1 Gala Apple
- .3 oz. Butter
- ¼ fl. oz. Apple Cider Vinegar
- ½ fl. oz. Honey

Customize It Options

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

*Contains: milk

You will need

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



Staff Pick

Honey Mustard Glazed Salmon

with apple-potato hash

NUTRITION per serving—Calories: 734, Carbohydrates: 54g, Fat: 39g, Protein: 40g, Sodium: 1582mg.

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**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using **wild-caught salmon**, in Step 1, roast potatoes 17-22 minutes. Follow same instructions as regular salmon in Step 2 and 3, searing 2-4 minutes, then roasting until salmon reaches minimum internal temperature, 6-8 minutes.
- If using **chicken breasts**, in Step 1, roast potatoes 13-15 minutes. Pat chicken dry and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Step 3, searing 4-5 minutes, then roasting until chicken reaches minimum internal temperature, 10-12 minutes.

Minimum Internal Temperature

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



1

Start the Potatoes

- Cut **potatoes** into ½" dice.
- Place potatoes on one half of prepared baking sheet and toss with 2 tsp. **olive oil**, **seasoning blend**, and a pinch of **pepper**. Massage oil and seasoning into potatoes.
- Spread into a single layer on their half (some overlap is ok) and roast in hot oven until potatoes are fork-tender, 15-20 minutes.
- While potatoes roast, prepare ingredients.



2

Prepare the Ingredients

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Quarter **apple** and remove core. Cut into ½" dice.
- In a mixing bowl, combine **mustard**, **honey**, **apple cider vinegar**, and a pinch of **salt** and **pepper**. Set aside.
- Pat **salmon** dry, and season flesh side with a pinch of salt and pepper.



3

Finish Potatoes and Roast Salmon

- Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **salmon**, skin side up, to hot pan. Sear on one side until golden brown, 2-4 minutes.
- Transfer salmon to empty half of baking sheet, seared side up. Reserve pan; no need to wipe clean. Pour half the **honey-mustard mixture** into a second bowl. Brush or spoon mixture from one bowl on salmon (reserve second bowl for salmon while cooking). *Keeping separate bowls prevents cross-contamination from raw protein to cooked.*
- Roast until salmon is firm and reaches a minimum internal temperature of 145 degrees, 7-10 minutes, spooning mixture from second bowl on salmon halfway through cooking.



4

Make the Apple Hash

- Return pan used to sear salmon to medium heat and add 2 tsp. **olive oil**. Add **apple pieces** and **white portions of green onions** to hot pan. Stir occasionally until lightly browned, 2-3 minutes.
- Add **slaw**, **butter**, ¼ cup **water**, ¼ tsp. **salt**, and a pinch of **pepper**. Bring to a simmer. Once simmering, stir occasionally until liquid is evaporated, 3-5 minutes.
- Remove from burner. Carefully, stir cooked **potato**, **green portions of green onions**, and a pinch of salt and pepper into pan.



5

Finish the Dish

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