



#### In your box

- ½ oz. Sliced Almonds
- .6 oz. Butter
- 1 oz. Light Cream Cheese
- 1 tsp. Garlic Salt
- 1 oz. Goat Cheese
- 1 Lemon
- 1 ½ oz. Apricot Preserves
- 5 oz. Asparagus
- ½ cup Arborio Rice

#### Customize It Options

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

\*Contains: milk, tree nuts (almonds)

#### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Medium Non-Stick Pan, Baking Sheet, 2 Medium Pots



Culinary Collection

## Apricot and Almond-Glazed Salmon

with asparagus and goat cheese risotto

NUTRITION per serving—Calories: 841, Carbohydrates: 63g, Fat: 45g, Protein: 46g, Sodium: 1498mg.

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

45-55 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**
- Refrigerate **goat cheese** until ready to use
- Bring 4 cups **water** to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **garlic salt**

### Customize It Instructions

- If using **chicken breasts**, pat dry and season both sides with a pinch of **salt** and **pepper**. Follow same instruction as salmon in Step 4, roasting until chicken reaches minimum internal temperature, 16-18 minutes.
- If using **wild-caught salmon**, pat dry and season flesh side with a pinch of salt and pepper. In Step 4, roast **asparagus** alone, 7 minutes. Then follow same instructions, roasting until salmon is firm and reaches desired doneness, 6-8 minutes for medium-rare. *Consuming raw or undercooked salmon may increase your risk for food-borne illness.*

Minimum Internal Temperature

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



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### Prepare the Ingredients

- Trim woody ends off **asparagus** and halve.
- Zest half the **lemon**. Then halve and juice.
- Pat **salmon fillets** dry, and season flesh side with a pinch of **salt** and **pepper**.



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### Start the Risotto

- Place a medium pot over medium-high heat and add 1 tsp. **olive oil**.
- Add **rice** to hot pot. Stir occasionally until rice is toasted and opaque, 1-2 minutes.
- Add 1 cup **boiling water** from other pot to pot with rice. *Rice should just be covered by water.* Stir often until nearly all water is absorbed.



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### Finish the Risotto

- Add ½ cup **boiling water** from other pot to pot with rice and stir often again until nearly all water is absorbed. Repeat this process, stirring often, 18-20 minutes.
- Taste *risotto as you cook, checking for tenderness. When rice has no more "bite" or crunch, it's done. There may be water left.*
- Remove from burner. Stir in half the **garlic salt** (reserve remaining for asparagus), **cream cheese**, and **butter** until combined. Cover and set aside.
- While risotto cooks, roast salmon and asparagus.



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### Roast the Salmon and Asparagus

- Place **asparagus** on one side prepared baking sheet and toss with 1 tsp. **olive oil** and remaining **garlic salt**. Massage oil and seasoning into asparagus. Spread into a single layer on one side.
- Place **salmon**, skin side down, on empty side and drizzle with 1 tsp. **olive oil**.
- Roast in hot oven until asparagus is tender and salmon is firm and reaches a minimum internal temperature of 145 degrees, 13-15 minutes.
- While salmon and asparagus roast, make sauce.



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### Make Sauce and Finish Dish

- Place a medium non-stick pan over medium heat. Add **apricot preserves** and 2 Tbsp. **lemon juice** to hot pan and stir to combine. Bring to a simmer.
- Once simmering, cook until slightly thickened, 1-2 minutes.
- Remove from burner.
- *Stir risotto to refresh, if needed.*
- Plate dish as pictured on front of card, topping **salmon** evenly with **sauce** and **almonds**, and garnishing **risotto** with **goat cheese** (crumbling with your hands if needed) and **lemon zest** (to taste). Bon appétit!