



#### In your box

- 2 Green Onions
- 1 oz. Butter
- 1 oz. Roasted Sliced Almonds
- 2 Garlic Cloves
- 12 oz. Green Beans
- 1 Lime
- 1 ½ tsp. White Miso Paste

#### Customize It Options

- 12 oz. Salmon Fillets
- 12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets
- 12 oz. Filets Mignon
- 13 oz. Boneless Skinless Chicken Breasts

\*Contains: milk, soy, tree nuts (almonds)

#### You will need

- Olive Oil, Salt, Pepper
- Large Non-Stick Pan, Medium Oven-Safe Non-Stick Pan



## Salmon with Miso Butter and green beans amandine

NUTRITION per serving—Calories: 624, Carbohydrates: 19g, Fat: 44g, Protein: 41g, Sodium: 1391mg.

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 **400 degrees**
- Ingredient(s) used more than once: **green onions**

### Customize It Instructions

- If using **chicken breasts**, 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, 4-5 minutes. Flip, place pan in hot oven, and roast until chicken reaches minimum internal temperature, 8-10 minutes.
- If using **filets mignon**, 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, 2-3 minutes. Flip, place pan in hot oven, and roast until filet reaches a minimum internal temperature of 145 degrees, 12-14 minutes.
- If using **wild-caught salmon**, follow same instructions as regular salmon in Steps 1, 2, and 3, searing on flesh side, 2-4 minutes, flipping, then placing pan in hot oven. Roast until salmon reaches minimum internal temperature, 6-8 minutes.

Minimum Internal Temperature

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



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### Prepare the Ingredients

- Trim ends off **green beans**.
- Trim and thinly slice **green onions**.
- Quarter **lime**.
- Mince **garlic**.
- Pat **salmon filets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



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### Start the Salmon

- Place a medium oven-safe non-stick pan over medium-high heat and add ½ tsp. **olive oil**.
- Add **salmon** to hot pan, skin side up, and sear until lightly browned, 2-4 minutes.



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### Finish the Salmon

- Flip salmon, and place pan in hot oven. Roast until **salmon** reaches a minimum internal temperature of 145 degrees, 7-9 minutes.
- While salmon roasts, cook green beans.



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### Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add ½ tsp. **olive oil**. Add **garlic** and **almonds** to hot pan and stir until aromatic, 30-45 seconds.
- Add **green beans** and cook, 1 minute.
- Add ¼ cup **water**, ½ tsp. **salt**, and a pinch of **pepper**. Cover, and stir occasionally until tender, 4-6 minutes.
- Set aside 1 Tbsp. **green onions**. Sprinkle remaining green onions over green beans.
- Remove from burner. Transfer green beans to a plate. Reserve pan, no need to wipe clean.



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### Make Butter and Finish the Dish

- Return pan used to cook green beans to medium-high heat.
- Add **butter**, reserved **green onions**, and **miso paste** to hot pan and stir constantly until miso is completely incorporated, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **salmon** with miso butter and squeezing **lime quarters** over meal to taste. Bon appétit!