



In your box

- 1 Tbsp. Chopped Ginger
- 2 Garlic Cloves
- 2 Green Onions
- 12 oz. Green Beans
- ½ oz. Toasted Sesame Oil
- 1 oz. Teriyaki Glaze

Customize It Options

- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: wheat, soy

You will need

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



Staff Pick

Roasted Salmon with Ginger-Scallion Sauce

and charred green beans

NUTRITION per serving—Calories: 547, Carbohydrates: 18g, Fat: 40g, Protein: 39g, Sodium: 859mg.

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**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **ginger, garlic, 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 Step 3, cooking undisturbed until browned on one side, 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

Prepare the Ingredients

- Trim ends off **green beans**.
- Trim **green onions** and mince white portions. Optional: Cut green portions into 2" pieces. Slice pieces into thin strips lengthwise. Place green onions strips in a mixing bowl and cover with cold water. Set aside to "curl."
- Mince **garlic**.
- Pat **salmon** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



2

Sear the Salmon

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **salmon** to hot pan, skin side up, and cook undisturbed on one side until browned, 2-4 minutes.



3

Roast the Salmon

- Transfer **salmon** to prepared baking sheet, seared side up. Wipe pan clean and reserve.
- Roast in hot oven until salmon reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- While salmon roasts, cook green beans.



4

Cook the Green Beans

- Return pan used to sear salmon to medium-high heat and add 2 tsp. **olive oil**. Add **green beans**, a pinch of **pepper**, and ¼ tsp. **salt**, if desired, to hot pan. Stir often until beans are bright green and beginning to char, 5-7 minutes.
- Stir in half the **ginger** and half the **garlic** (reserve remaining of both for sauce). Cook until aromatic and beans are tender but still crisp, 1-2 minutes.
- If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.
- Remove from burner.



5

Make Sauce and Finish Dish

- In another mixing bowl, combine remaining **ginger**, remaining **garlic** (to taste), **sesame oil** (to taste), **teriyaki glaze**, **white portions of green onions**, and 2 Tbsp. **water**. Sauce will have a thin consistency.
- Plate dish as pictured on front of card, topping **salmon** with sauce and **green onion curls**. Bon appétit!