



#3 Salmon & Shrimp:

Add a Protein Variety Pack to your box!



20-30min



2 Servings

We're bringing the seaside to your kitchen with this seafood duo! Amp up any dinner with the addition of heart-healthy salmon or succulent shrimp. We think the short cook times are an added bonus! Whether grilled, sautéed, pan-fried or roasted-this salmon and shrimp are sure to be the stars of your dinner plate. Use them in your own recipes, or add them to one of ours.

What we send

- 10 oz salmon fillets ⁴
- 10 oz shrimp (use immediately or freeze) ²

What you need

- Your choice!

Tools

- choose your own cooking adventure!

Allergens

Shellfish (2), Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 400kcal, Fat 20g, Carbs 1g, Proteins 48g



1. Keep it simple!

Let the succulent seafood flavor do the talking! Simply season with olive oil, salt, and pepper and pan-sear until the salmon skin is nice and crispy, or the shrimp is pink and curled.



2. Hands-on seafood gyros

Feeding a crowd or just looking for a make-your-own type of meal? Season the salmon and shrimp with olive oil, dried oregano, salt, pepper, and freshly chopped garlic. Grill both until just cooked. Serve on a platter along with toasted pitas, chopped tomatoes, sliced cucumbers, and olives. Serve hummus and tzatziki on the side and let everyone build their own gyros.



3. Niçoise Salad

For a kicked up take on a classic Niçoise, gather the usual components: parboiled sliced potatoes, hard-boiled eggs, gently cooked green beans, briny olives, sweet chopped tomatoes, and a bed of greens. Here comes the twist: instead of tuna, top the salad with shrimp or salmon.



4. Brunch bunch

Salmon is a welcome addition to any brunch table. Instead of the traditional packaged smoked salmon you might buy, why not try to gently poach your fresh salmon in a lemon-slice spiked poaching liquid. Serve the poached salmon with the usual accompaniments-fresh dill, sliced red onions, capers, cream cheese, bagels or toast points. Or serve alongside a simple green salad.



5. Shrimp tacos

Season the shrimp with your favorite taco spices and give them a hard sear in a hot skillet. Fill tortillas with shrimp and a crunchy cabbage slaw.



6. Burgers

Shrimp and salmon burgers are a fun way to change it up! Finely chop the shrimp or salmon (discarding skin). Mix in a bowl with some panko, a lightly beaten egg, and savory Asian flavors like teriyaki, tamari, chili paste, kimchi paste, or even Thai curry paste. Shape into patties and grill! Serve on a toasted bun with fresh lime for squeezing over and a wasabi mayo topper!