



In your box

- .6 oz. Butter
- 2 Green Onions
- 2 Zucchini
- 4 oz. Grape Tomatoes
- 2 tsp. Sweet Basil, Citrus, and Garlic Rub
- 12 oz. Salmon Fillets
- ½ fl. oz. Honey
- ¼ tsp. Red Pepper Flakes



Hot Honey Salmon

with zucchini and tomatoes

NUTRITION per serving—Calories: 471, Carbohydrates: 17g, Fat: 31g, Protein: 36g, Sodium: 1501mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
3 days

Difficulty Level ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Mild

① You will need

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

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Set **butter** on counter to soften
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions**



1

Prepare the Ingredients

- Trim **zucchini** ends, halve lengthwise, and cut on an angle into ½" pieces.
- Halve **tomatoes**.
- Trim and cut white portions of **green onions** into 1" lengths. Cut green portions thinly on an angle, keeping green and white portions separate.
- Pat **salmon fillets** dry, and season flesh side with a pinch of **salt** and **pepper**.



2

Sear the Salmon

- Place a large 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.
- Flip salmon, and transfer to prepared baking sheet.
- Wipe pan clean and reserve.



3

Roast the Salmon

- Roast in hot oven until **salmon** is firm and reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- While salmon roasts, make hot honey butter.



4

Make the Hot Honey Butter

- Add **softened butter**, **honey**, **red pepper flakes** (to taste), and a pinch of **salt** to a mixing bowl and stir until smooth. Set aside.



5

Cook the Vegetables

- Return pan used to sear salmon to medium-high heat. Add 2 tsp. **olive oil** and **zucchini** to hot pan. Stir occasionally until zucchini is browned and tender, 3-5 minutes.
- Add **tomatoes** and **white portions of green onions**. Cook until tomatoes are tender, 2-3 minutes.
- Stir in ¼ tsp. **salt** and **seasoning rub**. Remove from burner.
- Plate dish as pictured on front of card, topping **salmon** with **hot honey butter** and garnishing vegetables with **green portions of green onions**. Bon appétit!