



Salmon & Wild Rice with Beurre Blanc Sauce

Meal Includes:

- 4 Salmon Filets
- Wild Rice
- Beurre Blanc Sauce
- Wilted Spinach & Blistered Tomatoes
- 4 Cubes of Focaccia
- 8 Petite Chocolate Chip Cookies

Choice of one Vegetable Side:

- Green Salad
 - Vinaigrette Salad Dressing
- Roasted Broccolini
- Kale Apple Slaw

Allergy: Wheat, Dairy, Egg

- **Hands-on Time: approx. 5-10 minutes**
- **Total time: approx. 40 minutes**
- **Recommended method of cooking: Both stove top and oven**

Getting ready (approx. 30 minutes before you want to eat):

- Preheat oven to 350 degrees.
- Take food from refrigerator and bring to room temperature for quicker heat time.
- Remove any plastic wrap from containers and discard.

Warming the Meal

1. **Salmon-warm in oven:** Uncover Salmon and add 1/4 cup of water to pan. Cover with foil and put in oven. Bake for 10 min. Check every 5 min. until salmon reaches 145 degrees.
2. **Rice-warm in oven** Put covered rice in the oven and stir every 10 minutes until heated. Fluff rice before serving.
3. **Wilted Spinach & Blistered Tomatoes-warm in oven** Uncover Wilted Spinach & Blistered Tomatoes and place in oven. Bake for 5-10 minutes. Gently stirring every 2 minutes until warmed through.
4. **Beurre Blanc Sauce-warm on stove top:** Place beurre blanc sauce in small saucepan on medium-low, stirring every 2 minutes until warmed through. If sauce is thicker than desired, add water 1 tablespoon at a time.
5. **Broccolini (if ordered)-warm on stove top:** Place broccolini to medium saucepan with 1/4 cup water. Cover with lid and cook on medium heat, stirring every 2 minutes until warmed through and tender.

Extras

- **Warm Bread?** Wrap focaccia in aluminum foil. Warm in preheated oven for 5-10 minutes. (Can also be warmed in microwave for 15-30 seconds without foil).
- **Freshly-baked cookies?** Spray cookie sheet with nonstick spray. Place Chocolate Chip Cookie Dough balls at least 2" apart. Bake for 5-7 minutes. *Dough contains raw eggs. Not suitable for raw consumption. Bake before eating.*

Serving Instructions:

Plate Salmon and Wild Rice. Spoon Beurre Blanc sauce on top. Serve with Wilted Spinach & Blistered Tomatoes, side vegetable and warmed focaccia. Enjoy a petite chocolate chip cookie for dessert. Meal serves four adults (or two adults and up to four small children)

Other Cooking Methods:

Oven-only (no dirty dishes!)

Salmon, Wild Rice, Tomatoes, and Broccolini (if ordered) can be reheated in a 350 degree oven in the foil containers they came in. Bake covered in foil. *Be sure to remove any plastic wrap.* Wrap focaccia in foil and bake with other meal components. Beurre Blanc Sauce can be heated in the microwave in a microwave-safe dish, Bake cookies on a baking sheet. Heating times will vary, so stir often and monitor temperatures.

Optional supplies:

Cookie sheet, aluminum foil, non-stick spray