



FETA &
AVOCADO
SALMON

Salmon



Rice

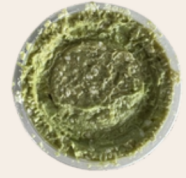


Red pepper
pesto



Contains dairy

Whipped
feta
avocado



Contains dairy

STEP 1

Preheat oven to 425°F (400°F for convection oven). Unwrap brown parchment paper and lay flat on a baking sheet. Remove salmon from plastic and place on parchment paper. Place in hot oven for 10-15 minutes, or until salmon reaches an internal temperature of 145°F. Remove lid from avocado and leave on counter to allow to come up to room temperature while salmon is cooking.

STEP 2

Remove the lid from the container and transfer rice to a microwave-safe dish with one tablespoon of water. Microwave rice for 1-2 minutes, stirring occasionally until warm.

STEP 3

To plate your meal, spread red pepper puree across plate. Place rice on top of the puree, add salmon on top of rice, and top salmon with avocado.