

Norwegian Salmon

Norway's coastline, with its cold, clear Arctic waters, provide the perfect conditions for our sustainably harvested, delicate, flaky, melt-in-your-mouth premium Norwegian salmon. Quantity of 1 = one salmon filet.

7 Minutes to the Table

7 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

1 MEEZ CONTAINERS

Norwegian Salmon

Add Protein Cooking Instructions

Cook protein: Heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the salmon and, when the oil is hot, cook until crisp and brown, about 4 minutes on each side. Let rest for 5 minutes..

Good to Know

Health snapshot per chicken breast – 220 Calories, 35g Protein, 0g Carbs, 7g Fat, 4 Freestyle Points.

INGREDIENTS: Norwegian Salmon

meezmeals