

# 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 salmon filet breast** – 220 Calories, 35g Protein, 0g Carbs, 7g Fat, 4 Freestyle Points.

INGREDIENTS: Norwegian Salmon

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