



Look for regular rotations to the menu for new and seasonal meal choices.

Met Meal Kits are made in our kitchen with the freshest ingredients for a fun and easy way to prepare dinner. We've developed meals that are ready in about 15-30 minutes to help accommodate your busy schedule.

We've included everything you need, no need to pull anything from your pantry, and you won't have to worry about wasting any food or ingredients.

Met Meal Kits are ready in a few simple steps, and our chefs have included a few helpful tips and fun facts along the way.

DID YOU KNOW?

Salmon burgers are popular throughout the Northwest and Alaska. They are made from chopped salmon and seasoned with a variety of herbs and spices.

Our salmon burgers are always made from wild-caught Pacific salmon and are a customer favorite.

INGREDIENTS: Salmon Burgers, Mayo, Lemon Juice, Green Onions, Yam, Avocado, Buns, Sriracha Aioli, Cucumber, Shallots

ALLERGENS: fish, wheat, soy, egg, milk

At Metropolitan Market, we know there's a lot of packaging in meal kits, and we are always working towards more sustainable practices. Most of the packaging used is either recyclable or compostable.



All ingredients included!
See details on back of package.

SALMON BURGER & SWEET POTATO FRITES

OUR OWN JUICY SALMON BURGER PILED HIGH WITH AVOCADO, HOME-PICKLED CUCUMBER, SHREDDED CABBAGE, AND SPICY AIOLI

SERVES 2 | MET MARKET FAVORITE!



TOOLS YOU'LL NEED:

- Non-stick medium skillet
- Small sauce pan
- Cutting board
- Chef's knife
- Large spoon
- Small bowl
- Spatula
- Thermometer (recommended)

KEEP REFRIGERATED



1. PREHEAT OVEN + DRESS & ROAST FRITES

- Preheat oven to 400° F
- Open the pouch with the **yam fries**. Shake the **frite marinade** container well, and pour it into the pouch.
- Seal the bag again and shake well until the fries are evenly coated.
- Arrange the fries on a sheet pan lined with **parchment paper** so that none of the pieces are touching.
- Roast in pre-heated oven for about 10 minutes until brown. Remove from oven, leave fries on pan.



5. TOAST BUNS

- Move the yam fries over to one side of the pan and place the brioche halves cut side down, on the empty half of the pan.
- Place back in the oven for 2-3 minutes until toasted.



2. SLICE CUCUMBER & SHALLOT

- While the fries are roasting, thinly slice the **cucumber** on a bias, and cut the **shallot** into thin slices. Place both into a small bowl.



6. FRY SALMON BURGERS

- Preheat skillet on medium-high heat until hot.
- Pour the **olive oil** into the hot skillet and add **salmon burgers**. Fry until golden, about 4 minutes, then flip over and cook an additional 3-4 minutes until a probe thermometer entered into the thickest part reads 155° F.

PRO TIP: Lay the salmon burgers away from you into the oil to reduce oil spatters.



3. PICKLE CUCUMBERS & SHALLOTS

- Pour the **pickling liquid** into a small pot and bring to a boil, then immediately pour it over the vegetables. Fold a paper towel, and place on top, pressing down so that it is saturated with liquid and the vegetables are covered. Be careful not to burn yourself!
- Place in refrigerator until ready to use.



7. PREPARE BUNS

- Remove the buns from the pan and lay cut side up on a cutting board.
- Spread both sides with half the **spicy aioli**, reserving remaining half for dipping the fries later.
- Pile the **shredded cabbage** on the bottom half of the bun.



4. PREP AVOCADO + CUT BRIOCHE BUNS

- Slice brioche buns in half.
- Cut **avocado** in half around the pit, then twist to separate. Lightly tap a sharp knife into the pit so that it sticks, then twist pit to remove.
- Use a large spoon to scoop the avocado out of the shell and set on cutting board. Cut into slices and fan out.



8. ASSEMBLE BURGER + PLATE

- Place salmon burger on top of cabbage.
- Take the pickled vegetables out of the fridge, discard the paper towel, and pile the cucumber and shallot on top of the salmon.
- Use a spatula to pick up the avocado slices and place on top.
- Cap with the top half of the brioche.
- Pile the yam fries on the plates and serve with remaining aioli as a dipping sauce.