












# Roasted Honey-Mustard Salmon

## with Cucumber and Nectarine Salad

Salmon Special 25 Minutes



-  Salmon Fillets, skin-on  
250 g | 500 g
-  Whole Grain Mustard  
2 tbsp | 4 tbsp
-  Honey  
1 | 2
-  Mini Cucumber  
2 | 4
-  Nectarine  
2 | 4
-  Spring Mix  
56 g | 113 g
-  Garlic Salt  
1 tsp | 2 tsp
-  White Wine Vinegar  
1 tbsp | 2 tbsp
-  Ciabatta Roll  
1 | 2

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, oil, pepper

Cooking utensils | 2 baking sheets, 2 large bowls, measuring spoons, paper towels, parchment paper, 2 small bowls, whisk

Measurements  
within steps

1 tbsp	(2 tbsp)	oil
2 person	4 person	Ingredient

1



### Prep and bake croutons

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut or tear **ciabatta** into ½-inch pieces.
- Add **ciabatta pieces**, **1 tbsp** (2 tbsp) **oil**, **½ tsp** (1 tsp) **garlic salt** and **pepper** in a large bowl. Toss to combine.
- Arrange on an unlined baking sheet. Toast in the **top** of the oven, stirring halfway through, until lightly golden, 10-12 min.

2



### Prep

- Meanwhile, halve **cucumber** lengthwise, then cut into ½-inch half-moons.
- Cut four sections off of **nectarines**, avoiding pits. Cut **each section** into ½-inch pieces.
- Whisk together **mustard** and **honey** in a small bowl.
- Remove **half the honey-mustard sauce** to another small bowl. (**NOTE:** One bowl will be for glazing salmon, one will be for your salad!) Set both aside.

3



### Prep and roast salmon

- Pat **salmon** dry with paper towels. Season with **½ tsp** (1 tsp) **garlic salt** and **pepper**.
- Arrange **salmon** on a parchment-lined baking sheet.
- Using one bowl of the **honey-mustard sauce**, spread **sauce** over **salmon**.
- Roast in the **middle** of the oven until cooked through, 7-10 min. **\*\***

4



### Make salad

- Meanwhile, whisk **vinegar**, **2 tbsp** (4 tbsp) **oil** and **remaining honey-mustard sauce** to a large bowl.
- Add **nectarines**, **cucumbers** and **spring mix**. Set aside.

5



### Finish and serve

- Add **croutons** to **salad**, then toss to combine. Season with **salt** and **pepper**.
- Gently remove and discard skin from **salmon**, if desired.
- Divide **salad** between plates.
- Serve **honey-mustard salmon** alongside.