



Honey-Mustard Baked Salmon

with Veggie Medley and Roasted Potatoes

Family Friendly

30 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Salmon Fillets, skin-on



Double Salmon



Whole Grain Mustard



Honey



Zucchini



Red Potato



Carrot



Dill-Garlic Spice Blend



Garlic Salt

HELLO HONEY MUSTARD

Sweet and tangy combine to make the perfect glaze for salmon!

Start here

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

Bust out

2 Baking sheets, vegetable peeler, measuring spoons, silicone brush, parchment paper, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon	500 g	1000 g
Whole Grain Mustard	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Red Potato	300 g	600 g
Carrot	170 g	340 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Garlic Salt	¼ tsp	½ tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

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.

Contact

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Roast potatoes

- Peel, then cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **half the Dill-Garlic Spice Blend**, **¼ tsp salt** (dbl for 4 ppl) and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 23-25 min. (**NOTE:** For 4 ppl, roast in the bottom and middle of the oven, rotating sheets halfway through.)



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **carrots**.
- Cook, stirring occasionally, until **carrots** soften, 2-3 min.
- Add **zucchini** and **remaining Dill-Garlic Spice Blend**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
- Remove the pan from heat. Season with **salt** and **pepper**, to taste.
- Cover the pan and set aside.



Prep

- Meanwhile, peel, then halve **carrot** lengthwise, then cut into ½-inch half-moons.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Stir together **mustard** and **honey** in a small bowl.
- Pat **salmon** dry with paper towels.
- Season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**.



Finish and serve

- Carefully remove and discard salmon skin, if desired.
- Divide **honey-mustard salmon**, **roasted potatoes** and **veggie medley** between plates.

Dinner Solved!



Bake salmon

- Arrange **salmon** on a parchment-lined baking sheet, skin-side down.
- Brush **honey mustard** over **tops of salmon**.
- Bake in the **top** of the oven until **salmon** is cooked through, 7-10 min.**

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of salmon**.