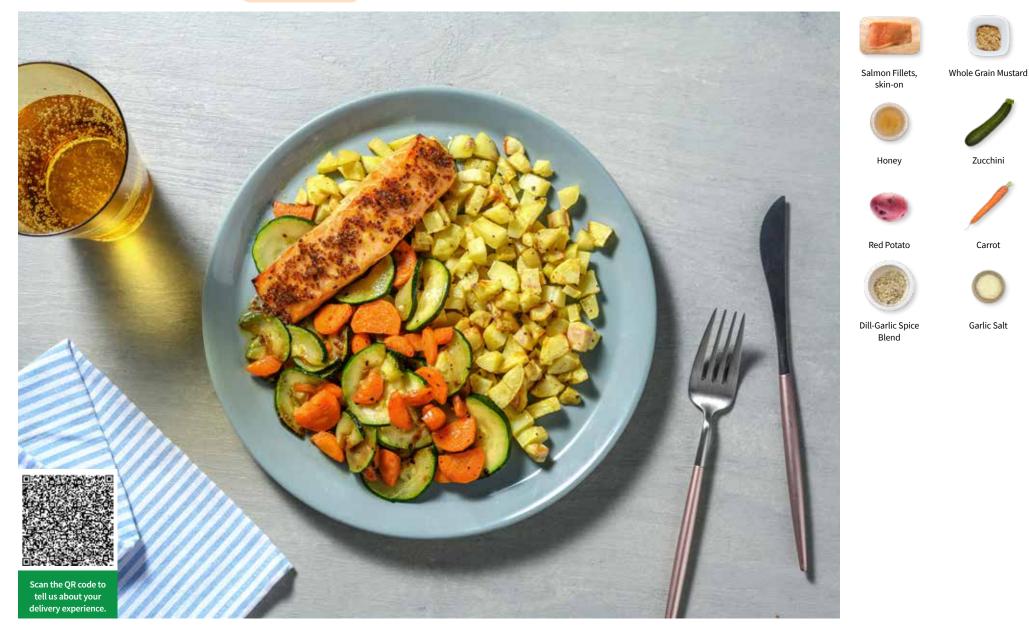


# Honey-Mustard Baked Salmon

with Veggie Medley and Roasted Potatoes

Family Friendly 25–35 Minutes



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 nonstick pan, paper towels

#### Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 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	1⁄4 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.

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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**, **1/4 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 goldenbrown, 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 1/4 **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!**

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## **Roast salmon**

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