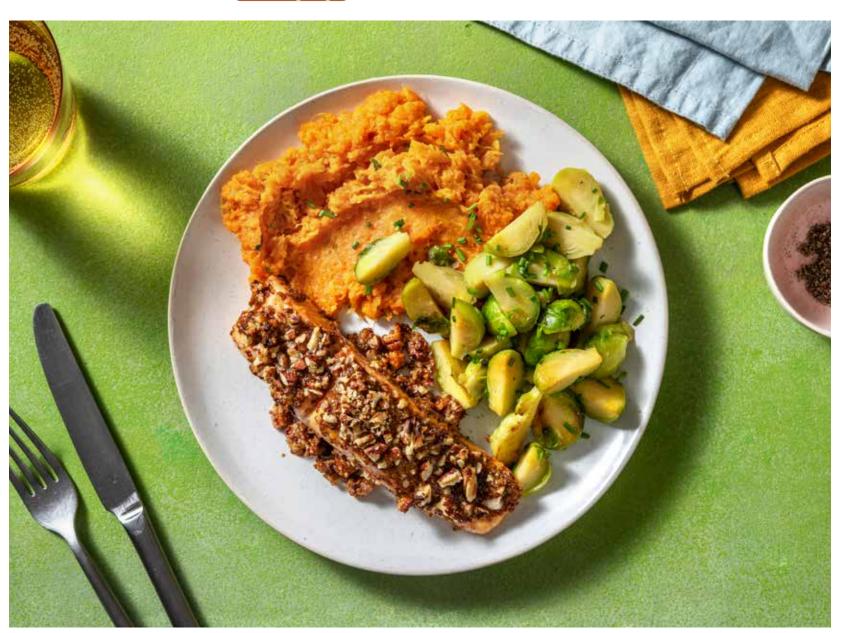


# Pecan-Crusted Roasted Salmon

with Maple Sweet Potato Mash and Brussels Sprouts

Thanksgiving

30 Minutes





Salmon Fillets,



skinless



Maple Syrup



Pecan, chopped

Chives







Sweet Potato





**Brussels Sprouts** 

# Start here

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

#### **Bust out**

Baking sheet, measuring spoons, potato masher, strainer, parchment paper, small bowl, whisk, large pot, large nonstick pan, paper towels, vegetable peeler

# Ingredients

9		
	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Dijon Mustard	1 ½ tsp	3 tsp
Maple Syrup	2 tbsp	4 tbsp
Pecan, chopped	28 g	56 g
Sweet Potato	340 g	680 g
Chives	7 g	7 g
Brussels Sprouts	227 g	454 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

<sup>\*</sup> Pantry items

### **Allergens**

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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### Prep

Quarter **brussels sprouts**. Roughly chop **pecans**. Thinly slice **chives**. Peel, then cut **sweet potato** into 1-inch cubes. Whisk together **Dijon** and **half the maple syrup** in a small bowl. Set aside.



### Cook sweet potatoes

Combine **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and **enough water** to cover (by approx. 1-2 inches) in a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min. Drain and return **sweet potatoes** to the same pot, off heat.



#### Roast salmon

Pat **salmon** dry with paper towels. Season with **salt** and **pepper**. Coat tops of **salmon** with **maple Dijon**. Sprinkle **pecans** over **maple Dijon** and press lightly to adhere. Transfer **salmon** to a parchment-lined baking sheet. Roast in the **middle** of the oven until **salmon** is cooked through, 10-12 min.\*\*



## Cook brussels sprouts

While **salmon** roasts, heat a large non-stick pan over medium heat. Add **1 tbsp butter** (dbl for 4 ppl) and swirl to melt, 1 min. Add **Brussels sprouts** and **2 tbsp water** (dbl for 4 ppl). Cover and cook, stirring occasionally, until tender, 5-6 min. Add **half the chives**. Season with **salt** and **pepper**, then toss to combine.



### Finish and serve

Mash 1 tbsp butter (dbl for 4 ppl) and remaining maple syrup into sweet potatoes until smooth. Season with salt and pepper, then stir in remaining chives. Divide maple sweet potato mash, buttery Brussels sprouts and pecan-crusted salmon between plates.

# **Dinner Solved!**

<sup>\*\*</sup> Cook to a minimum internal temperature of  $70^{\circ}\text{C}/158^{\circ}\text{F}$ , as size may vary.