



Pecan-Crusted Roasted Salmon

with Maple Sweet Potato Mash and Brussels Sprouts

Thanksgiving 30 Minutes



Salmon Fillets, skinless



Dijon Mustard



Maple Syrup



Pecan, chopped



Sweet Potato



Chives



Brussels Sprouts

HELLO PECANS

Toasted and crushed for a nutty, crispy fish coating!

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 non-stick pan, paper towels, vegetable peeler

Ingredients

	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*		

* Pantry items

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

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 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.



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.



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!



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.**