



Grilled Apricot-Mustard Salmon Dinner

with Wild Rice and Summery Veggies

Long Weekend Grill

Special

35 Minutes



Salmon Fillets,
skin-on
250 g | 500 g



Wild Rice Medley
½ cup | 1 cup



Asparagus
227 g | 454 g



Stone Fruit
1 | 2



Mini Cucumber
1 | 2



Baby Spinach
56 g | 113 g



Dill
7 g | 14 g



White Wine
Vinegar
1 tbsp | 2 tbsp



Apricot Spread
2 tbsp | 4 tbsp



Vegetable Stock
Powder
1 tbsp | 2 tbsp



Whole Grain
Mustard
1 tbsp | 2 tbsp



Goat Cheese
¼ cup | ½ cup

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 | Unsalted butter, oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, measuring cups, measuring spoons, medium pot, paper towels, small bowl

Measurements
within steps

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

1



Cook rice

- Before starting, wash and dry all produce.
 - Lightly oil the grill.
 - While you prep, preheat the grill to 400°F over medium heat.
- Stir together **stock powder**, **wild rice medley**, **1 tbsp** (2 tbsp) **butter**, **1 cup** (2 cups) **water** and $\frac{1}{8}$ **tsp salt** in a medium pot (use same for 4 ppl). Bring to a boil over high heat.
 - Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 20-24 min.
 - Remove the pot from heat. Set aside, still covered.

2



Prep

- Trim and discard bottom 1 inch from **asparagus**.
- Thinly slice **cucumber**.
- Cut **four sections off stone fruit**, avoiding the pit. Thinly slice each section.
- Finely chop **dill**.

3



Make sauces

- Add **vinegar**, **half the mustard** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **apricot spread** to a large bowl. Season with **salt** and **pepper**. Stir to mix. This is your **dressing**.
- Add **remaining mustard**, **remaining apricot spread** and **half the dill** to a small bowl. Stir to mix. This is your **glaze**.

4



Prep grill items

- When **rice** is halfway done, pat **salmon** dry with paper towels, then rub $\frac{1}{2}$ **tsp oil** all over **each piece**. Season with **salt** and **pepper**.
- Add **asparagus** and **1 tsp** (2 **tsp**) **oil** to baking sheet. Season with **salt** and **pepper**. Toss to coat.

5



Grill salmon and asparagus

- Add **salmon** to one side of grill, skin-side down. Close lid and grill, flipping halfway if skin begins to burn, until **salmon** is cooked through, 6-8 min.** (**NOTE:** Don't overcrowd your grill. Grill in batches if there isn't enough space.)
- Add **asparagus** to other side of grill, Close lid and grill until lightly charred and tender, 3-6 min.
- Once cooked, transfer **salmon** and **asparagus** to the same baking sheet and cover to keep warm.

6



Finish and serve

- Fluff **rice** with fork. Stir in **remaining dill**.
- Add **stone fruit**, **cucumber** and **baby spinach** to bowl with **dressing**. Toss to coat.
- Divide **rice**, **salmon** and **salad** between plates.
- Spoon **glaze** over **salmon**.
- Sprinkle **goat cheese** over **salad**.

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