

# 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



1/2 cup | 1 cup

Stone Fruit





Asparagus 227 g | 454 g

1 | 2







1 | 2

**Baby Spinach** 56 g | 113 g



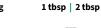




7 g | 14 g

White Wine Vinegar











2 tbsp | 4 tbsp





Whole Grain Mustard 1 tbsp | 2 tbsp



Goat Cheese 1/4 cup | 1/2 cup



## 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 ½ 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.



#### 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.



#### Make sauces

- Add vinegar, half the mustard and ½ 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.



# Prep grill items

- When rice is halfway done, pat salmon dry with paper towels, then rub ½ 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.



## 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.



# 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.

Measurements within steps (2 tbsp) oil 2 person 4 person Ingredier