



Roasted Honey-Mustard Salmon

with Cucumber and Stone Fruit Salad

Salmon Special

20 Minutes



Salmon Fillets,
skin-on
250 g | 500 g



Whole Grain
Mustard
2 tbsp | 4 tbsp



Honey
1 | 2



Mini Cucumber
2 | 4



Stone Fruit
2 | 4



Spring Mix
56 g | 113 g



Garlic Salt
1 tsp | 2 tsp



White Wine
Vinegar
1 tbsp | 2 tbsp



Ciabatta Roll
1 | 2

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 | Salt, oil, pepper

Cooking utensils | 2 baking sheets, 2 large bowls, measuring spoons, paper towels, parchment paper, small bowl, whisk

Measurements
within steps

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

1



Prep and bake croutons

- Before starting, preheat the oven to 450 ° F.
- Wash and dry all produce.
- Cut or tear **ciabatta** into ½-inch pieces.
- Add **croutons**, **1 tbsp** (2 tbsp) **oil**, **½ tsp** (1 tsp) **garlic salt** and **pepper** in a large bowl. Toss to combine.
- Arrange on an unlined baking sheet. Toast in the **top** of the oven, stirring halfway through, until lightly golden, 10-12 min.

2



Prep

- Meanwhile, halve **cucumber** lengthwise, then cut into ½-inch half-moons.
- Cut **four sections off stone fruit**, avoiding the pits. Cut each section into ½-inch pieces.
- Whisk together **mustard** and **honey** in a small bowl. Set aside.

3



Prep and roast salmon

- Pat **salmon** dry with paper towels. Season with **½ tsp** (1 tsp) **garlic salt** and **pepper**.
- Arrange **salmon** on a parchment-lined baking sheet.
- Spread **half the honey-mustard sauce** over **salmon**.
- Roast in the **middle** of the oven until cooked through, 7-10 min.**

4



Make salad

- Meanwhile, whisk **vinegar**, **2 tbsp** (4 tbsp) **oil** and **remaining honey-mustard sauce** to a large bowl.
- Add **stone fruit**, **cucumbers** and **spring mix**. Set aside.

5



Finish and serve

- Add **croutons** to **salad**, then toss to combine. Season with **salt** and **pepper**.
- Gently remove and discard skin from **salmon**, if desired.
- Divide **salad** between plates.
- Serve **honey-mustard salmon** alongside.

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