



Crispy Baked Salmon with Creamy Mushrooms and Kale

and Glazed Roasted Squash

Farmer's Market

35 Minutes



Salmon Fillets, skin-on
250 g | 500 g



Panko Breadcrumbs
1/2 cup | 3/4 cup



Creamy Horseradish Sauce
1 tbsp | 2 tbsp



Brown Sugar
2 tbsp | 4 tbsp



Dried Cranberries
28 g | 56 g



Kale, chopped
113 g | 226 g



Mixed Mushrooms
200 g | 400 g



Garlic Spread
2 tbsp | 4 tbsp



Cream
56 ml | 113 ml



Butternut Squash, cubes
340 g | 680 g



Dijon Mustard
1/2 tbsp | 1 tbsp



Garlic, cloves
2 | 4

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.

Ingredient quantities	56 g	113 g
	2 person	4 person

1



Roast squash

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Boil water in a kettle. Once water is boiling, add **cranberries** and $\frac{1}{4}$ **cup** ($\frac{1}{2}$ cup) **boiling water** to a small bowl. Set aside.
- Meanwhile, add **squash** and $\frac{1}{2}$ **tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Toss to coat.
- Roast in the **top** of the oven, until softened, 7-8 min.
- Meanwhile, melt **1 tbsp** (2 tbsp) **butter** in a microwavable small bowl. Add **brown sugar**, then stir to combine.
- Once **squash** is tender, flip **squash**, then pour **butter-brown sugar mixture** over top, then season with **salt** and **pepper**. Toss to coat.
- Return to oven. Roast, until tender and golden-brown, 7-8 min.

2



Prep

- Meanwhile, quarter **mushrooms**.
- Roughly chop **kale**, removing any large stem pieces.
- Peel, then mince or grate **garlic**.
- Heat a large non-stick pan over medium-high heat.
- Add **half the garlic spread** to the pan, then swirl the pan to melt.
- Add **panko**. Toast, stirring often, until golden-brown, 2-3 min. Season with **salt** and **pepper**, then transfer to a shallow dish.

3



Prep and cook salmon

- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**. Arrange on a parchment-lined baking sheet.
- Coat **salmon tops** with **creamy horseradish**. Working with one piece of **salmon** at a time, press coated side into the **panko**.
- Roast in the **top** of the oven, until **salmon** is cooked through, 10-12 min.**

4



Cook mushrooms

- Meanwhile, heat the same pan over medium-high heat.
- When hot, add **remaining garlic spread**, then swirl the pan to melt.
- Add **mushrooms**. Cook, stirring occasionally, until softened, 3-4 min.
- Season with **salt** and **pepper**.

5



Cook kale

- Add **kale** and **garlic** to the pan with **mushrooms**. Cook, stirring occasionally, until **kale** has softened, 1 min.
- Add **cream** and **Dijon**. Stir to combine. Cook, stirring occasionally, until **sauce** has thickened slightly and **kale** is soft, 1-2 min.
- Season with **salt** and **pepper**.

6



Finish and serve

- Strain **cranberries**. Pat dry with paper towels.
- Divide **squash, kale and mushrooms** and **salmon** between plates.
- Sprinkle **cranberries** over **squash**.

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