

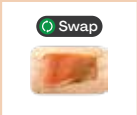


# Maple-Mustard Salmon

## with Boursin-Cauliflower Gratin and Chives

Fall Faves

35 Minutes



Jumbo  
Salmon Fillet  
500 g | 1000 g

Customized Protein **+** Add **↻** Swap or **\*2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Salmon Fillets,  
skin-on  
250 g | 500 g



Maple Syrup  
2 tbsp | 4 tbsp



Boursin Garlic  
and Fine Herbs  
Cheese  
150 g | 300 g



Cauliflower  
285 g | 570 g



Panko  
Breadcrumbs  
1/2 cup | 1/2 cup



Chives  
7 g | 14 g



Baby Tomatoes  
113 g | 227 g



Whole Grain  
Mustard  
1 tbsp | 2 tbsp



Shallot  
1 | 2



Red Wine Vinegar  
1 tbsp | 2 tbsp



Spring Mix  
56 g | 113 g

**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, milk

**Cooking utensils** | 8x8" baking dish, baking sheet, colander, large bowl, large pot, measuring cups, measuring spoons, paper towels, parchment paper, 2 small bowls, small pot, whisk

1



### Cook cauliflower

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **cauliflower** into bite-sized pieces.
- Add **cauliflower**, **2 tsp salt** and **enough water to cover by approx. 1 inch** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-high.
- Cook, uncovered, until **cauliflower** is tender crisp, 6-8 min. Drain and return **cauliflower** to the same pot, off heat.

2



### Prep

- Meanwhile, halve, peel and cut **shallot** into ¼-inch slices.
- Halve **tomatoes**.
- Add **½ tbsp vinegar**, **1 tbsp** (2 tbsp) **oil** and **¼ tsp** (½ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **tomatoes**, then toss to coat. Set aside.
- Stir together **maple syrup** and **mustard** in small bowl.
- Pat **salmon** dry with paper towels. Season with **salt** and **pepper**.

3



### Make cheese sauce

- Heat a small pot over medium-high heat.
- When hot, add **1 ½ tbsp** (3 tbsp) **butter**, then **shallots**.
- Cook, stirring often, until **shallots** have softened, 2-3 min.
- Reduce heat to low, then add **¼ cup** (½ cup) **milk** and **Boursin cheese**. Cook, whisking until **Boursin** has melted, 1-2 min.

4



### Roast salmon

[Swap](#) | [Jumbo Salmon Fillet](#)

- Arrange **salmon** on a parchment-lined baking sheet. Spread **maple-mustard mixture** on top of **salmon**.
- Roast in the **middle** of the oven until cooked through, 8-12 min.\*\*

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### Assemble and bake gratin

- Add **cauliflower** and **Boursin sauce** to an 8x8-inch (9x13-inch) baking dish. Stir until **cauliflower** is coated.
- Melt **½ tbsp** (1 tbsp) **butter** in a small microwave-safe bowl. Add **panko**, then season with **salt** and **pepper**. Stir to combine.
- Sprinkle **buttery panko mixture** over top of **cauliflower**.
- Bake **gratin** in the **top** of the oven until **panko** is golden brown and toasted, 7-10 min.

6



### Finish and serve

- Thinly slice **chives**.
- Add **spring mix** to the large bowl with the **tomatoes**. Toss to coat.
- Divide **salad**, **cauliflower gratin** and **salmon** between plates.
- Sprinkle **chives** over top of **salmon** and **gratin**.

Measurements  
within steps

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

## 4 | Roast salmon

[Swap](#) | [Jumbo Salmon Fillet](#)

If you've opted for **jumbo salmon**, season it in the same way the recipe instructs you to season the **regular portion of salmon**. To cook **jumbo salmon**, increase roast time to 16-20 min.

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