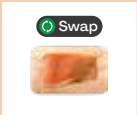




Pecan-Crusted Roasted Salmon

with Creamy Sweet Potato Mash and Broccolini

Fast and Fresh 30 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
- Dijon Mustard
½ tbsp | 1 tbsp
- Maple Syrup
1 tbsp | 2 tbsp
- Pecans
28 g | 56 g
- Sweet Potato
2 | 4
- Chives
7 g | 7 g
- Broccolini
170 g | 340 g
- Dried Cranberries
28 g | 56 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 | Milk, unsalted butter, salt, pepper

Cooking utensils | Baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, parchment paper, potato masher, small bowl, vegetable peeler, whisk

1



Prep and cook sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then cut **sweet potatoes** into 1-inch cubes.
- Combine **sweet potatoes**, **1 tsp salt** and **enough water** to cover by approx. 1-2 inches in a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **sweet potatoes** to the same pot, off heat.

2



Prep

- Meanwhile, trim ends off **broccolini**, then cut **any larger stalks** in half lengthwise, leaving **thinner stalks** whole.
- Thinly slice **chives**.
- Whisk together **Dijon** and **half the maple syrup** (use all for 4 ppl) in a small bowl. Set aside.
- Open one side of the package of **pecans**.
- Using a rolling pin or heavy-bottomed pot, crush **pecans** in package until broken into small crumbs (or chop finely if preferred).

3



Roast salmon

Swap | [Jumbo Salmon Fillet](#)

- Pat **salmon** dry with paper towels. Season with **salt** and **pepper**.
- Coat tops of **salmon** with **maple-Dijon mixture**.
- Sprinkle **crushed pecans** over top and press down lightly to adhere.
- Transfer **pecan-crusted salmon** to a parchment-lined baking sheet.
- Roast in the **middle** of the oven until **salmon** is cooked through, 8-10 min.**

4



Cook broccolini

- Meanwhile, heat a large non-stick pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **broccolini**, **cranberries** and $\frac{1}{4}$ **cup** ($\frac{1}{2}$ cup) **water**.
- Cook, stirring occasionally, until tender, 5-7 min.
- Add **half the chives**. Season with **salt** and **pepper**, then toss to combine.
- Remove from heat.

5



Finish and serve

- Mash **2 tbsp** (4 tbsp) **butter** and 3 tbsp (6 tbsp) **milk** into **potatoes** until smooth.
- Season with **salt** and **pepper**, then stir in **remaining chives**.
- Divide **pecan-crusted roasted salmon**, **creamy mash** and **broccolini** between plates.

Measurements
within steps

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

3 | 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 fish to a minimum internal temperature of 70°C/158°F.