



Honey-Mustard Baked Salmon

with Veggie Medley and Roasted Potatoes

Family Friendly 25-35 Minutes



Salmon Fillets, skin-on
500 g | 1000 g

Custom Recipe

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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](https://www.hellofresh.ca)



Salmon Fillets, skin-on
250 g | 500 g



Whole Grain Mustard
1 tbsp | 2 tbsp



Honey
1 tbsp | 2 tbsp



Zucchini
1 | 2



Russet Potato
2 | 4



Carrot
1 | 2



Dill-Garlic Spice Blend
1 tsp | 2 tsp



Garlic Salt
½ tsp | 1 tsp

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 | Oil, salt, pepper, unsalted butter

Cooking utensils | 2 Baking sheets, vegetable peeler, measuring spoons, silicone brush, parchment paper, small bowl, large non-stick pan, paper towels

1



Roast potatoes

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

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **half the Dill-Garlic Spice Blend**, **¼ tsp** (½ tsp) **garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 23-25 min. (**NOTE:** For 4 ppl, roast in the bottom and middle of the oven, rotating sheets halfway through.)

4



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **carrots**. Cook, stirring occasionally, until **carrots** soften, 2-3 min.
- Add **zucchini** and **remaining Dill-Garlic Spice Blend**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
- Remove the pan from heat. Season with **salt** and **pepper**, to taste.
- Cover the pan and set aside.

2



Prep

- Meanwhile, peel, then halve **carrot** lengthwise, then cut into ½-inch half-moons.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Stir together **mustard** and **honey** in a small bowl.
- Pat **salmon** dry with paper towels. Season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.

3



Roast salmon

*2 Double | Salmon Fillets

- Arrange **salmon** on a parchment-lined baking sheet, skin-side down.
- Brush **honey mustard** over **tops of salmon**.
- Roast in the **top** of the oven until cooked through, 8-12 min.**

5



Finish and serve

- Carefully remove and discard salmon skin, if desired.
- Divide **honey-mustard salmon**, **roasted potatoes** and **veggie medley** between plates.

Measurements
within steps

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

3 | Roast salmon

*2 Double | Salmon Fillets

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of salmon**.



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