



# Honey-Mustard Baked Salmon

with Veggie Medley and Roasted Potatoes

25-35 Minutes



Salmon Fillets, skin-on



Double Salmon Fillets, skin-on



Whole Grain Mustard



Honey



Zucchini



Russet Potato



Carrot



Dill-Garlic Spice Blend



Garlic Salt

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your salmon, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO HONEY MUSTARD

Sweet and tangy combine to make the perfect glaze for salmon!

## Start here

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

**Measurements within steps** **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## Bust out

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

## Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon Fillets, skin-on	500 g	1000 g
Whole Grain Mustard	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Russet Potato	460 g	920 g
Carrot	170 g	340 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Garlic Salt	¼ tsp	½ tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## 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.*

## Contact

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### Roast potatoes

- Peel, then 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) **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.)



### 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.



### 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**.



### Finish and serve

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

## Dinner Solved!



### Roast salmon

- 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 **salmon** is cooked through, 7-10 min.\*\*

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**.