

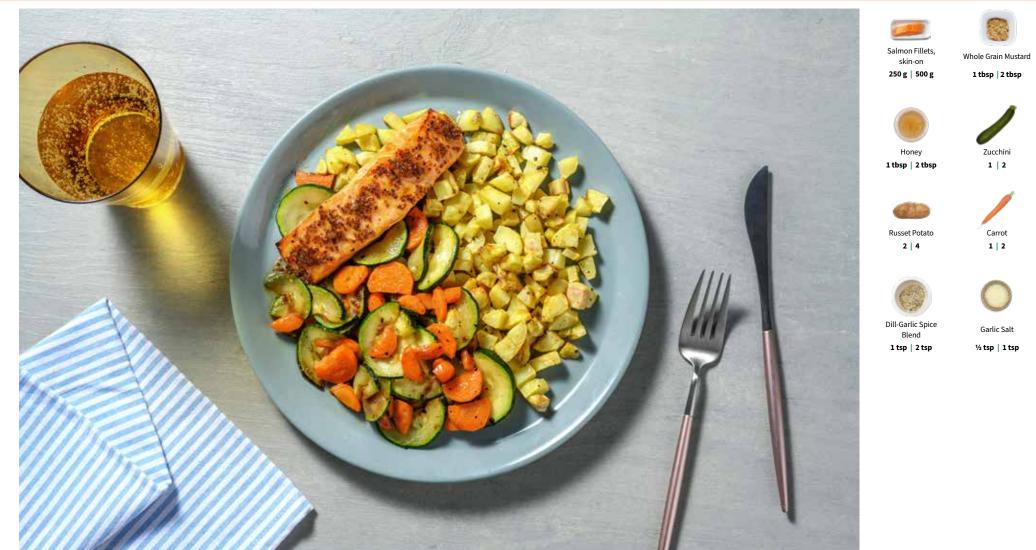
Family Friendly 25–35 Minutes

🕀 Custom Recipe 🕂 Add 🔿 Swap or 😣 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**



Salmon Fillets, skin-on 500 g | 1000 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 | 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



Roast potatoes

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

- Cut potatoes into 1/2-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 goldenbrown, 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.



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.**



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**.



Finish and serve

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

