



Pecan-Crusted Roasted Salmon

with Maple Sweet Potato Mash and Broccoli

Special

30 Minutes



Salmon Fillets, skinless



Dijon Mustard



Maple Syrup



Pecan, chopped



Sweet Potato



Chives



Broccoli, florets



Dried Cranberries



Scan the QR code to download our app.

HELLO MAPLE SYRUP

Maple syrup highlights the natural sweetness of sweet potatoes!

Start here

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

Bust out

Baking sheet, vegetable peeler, measuring spoons, potato masher, rolling pin, strainer, parchment paper, small bowl, whisk, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Dijon Mustard	1 ½ tsp	3 tsp
Maple Syrup	2 tbsp	4 tbsp
Pecan, chopped	28 g	56 g
Sweet Potato	340 g	680 g
Chives	7 g	7 g
Broccoli, florets	227 g	454 g
Dried Cranberries	¼ cup	½ cup
Unsalted Butter*	2 tbsp	4 tbsp
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

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Cook sweet potatoes

- Peel, then cut **sweet potatoes** into 1-inch cubes.
- Combine **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) 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.



Cook broccoli

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **broccoli** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **water** evaporates, 4-5 min.
- Add **1 tbsp butter** (dbl for 4 ppl) and **dried cranberries**. Cook, stirring often, until **butter** is melted and **broccoli** is tender-crisp, 1 min.
- Add **half the chives**. Season with **salt** and **pepper**, then toss to combine.
- Remove the pan from heat.



Prep

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Thinly slice **chives**.
- Whisk together **Dijon** and **half the maple syrup** 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 their package until broken into small crumbs (or finely chop if you prefer).



Finish and serve

- Mash **1 tbsp butter** (dbl for 4 ppl) and **remaining maple syrup** into **sweet potatoes** until smooth.
- Season with **salt** and **pepper**, then stir in **remaining chives**.
- Divide **pecan-crusted salmon**, **maple sweet potato mash** and **buttery broccoli and cranberries** between plates.

Dinner Solved!



Roast salmon

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