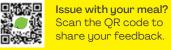


# Pecan-Crusted Roasted Salmon

with Creamy Sweet Potato Mash and Brussels Sprouts

Special

30 Minutes













Dijon Mustard



Maple Syrup





Pecans, chopped



Chives

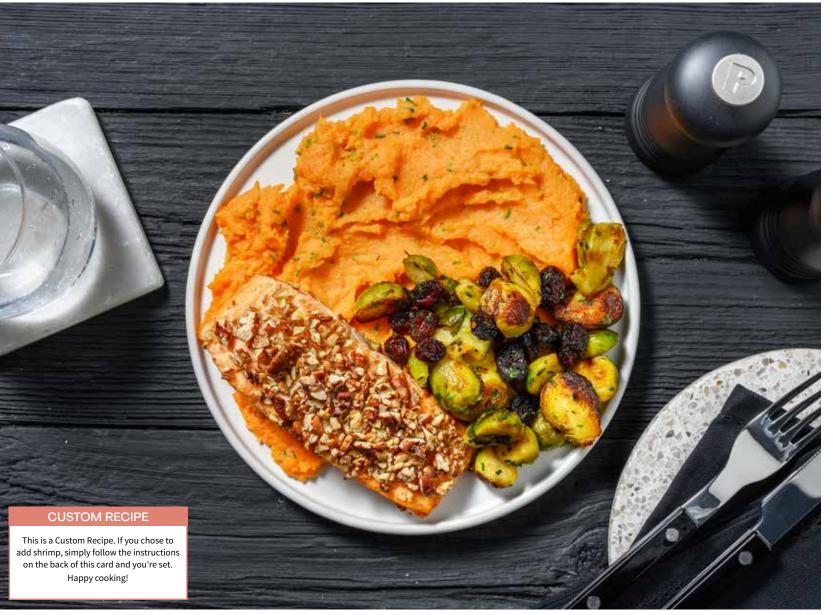


**Sweet Potato** 

**Brussels Sprouts** 



**Dried Cranberries** 



#### HELLO MAPLE SYRUP

## Start here

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

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

#### **Bust out**

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, rolling pin, parchment paper, small bowl, measuring cups, whisk, large pot, large nonstick pan, paper towels

## Ingredients

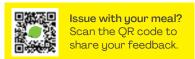
	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Shrimp	285 g	570 g
Dijon Mustard	1 ½ tsp	3 tsp
Maple Syrup	1 tbsp	2 tbsp
Pecans, chopped	28 g	56 g
Sweet Potato	2	4
Chives	7 g	7 g
Brussels Sprouts	227 g	454 g
Dried Cranberries	⅓ cup	½ cup
Unsalted Butter*	3 tbsp	6 tbsp
Milk*	3 tbsp	6 tbsp
Salt and Pepper*		

- \* Pantry items
- \*\* Cook salmon and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively, 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.





#### Cook sweet potatoes

- 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.



### Prep

- Meanwhile, halve Brussels sprouts (if larger, quarter them).
- 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 their package, until broken into small crumbs (or finely chop if you prefer).



#### Roast salmon

- Pat **salmon** dry with paper towels. Season with **salt** and **pepper**.
- Coat tops of **salmon** with **maple-Dijon mixture**.
- Sprinkle **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.\*\*

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add ½ **tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\* Remove from heat, then transfer to a plate. Reuse the same pan to cook **Brussels sprouts** in step 4.



## Cook Brussels sprouts

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add 1 tbsp (2 tbsp) butter, then Brussels sprouts, cranberries and 2 tbsp (4 tbsp) water. Cook, stirring occasionally, until tender, 5-6 min.
- Add **half the chives**. Season with **salt** and **pepper**, then toss to combine.
- Remove from heat.



#### Finish and serve

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

Serve **shrimp** alongside main dish.

## **Dinner Solved!**