



# Pecan-Crusted Roasted Salmon

## with Creamy Mash and Broccoli

Valentine's Day

30 Minutes



Salmon Fillets, skinless  
250 g | 500 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



Broccoli  
227 g | 454 g



Dried Cranberries  
¼ cup | ½ cup

**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** | Unsalted butter, salt, pepper, milk

**Cooking utensils** | Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, rolling pin, parchment paper, small bowl, measuring cups, whisk, large pot, large non-stick pan, paper towels

Measurements  
within steps

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

1



### Prep and cook sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then cut **sweet potatoes** into 1-inch cubes.
- Combine **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 **potatoes** to the same pot, off heat.

2



### Prep

- Meanwhile, cut **broccoli** into bite-sized pieces.
- 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 package until broken into small crumbs (or finely chop, if preferred).

3



### Roast salmon

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

4



### Cook broccoli

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **broccoli**, **cranberries** and **¼ cup** (½ cup) **water**.
- Cook, stirring occasionally, until tender, 5-7 min.
- Add **half the chives**. Season with **salt** and **pepper**, then toss to combine.
- Remove from heat.

5



### Finish and serve

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

\*\* Cook fish to a minimum internal temperature of 70°C/158°F.



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