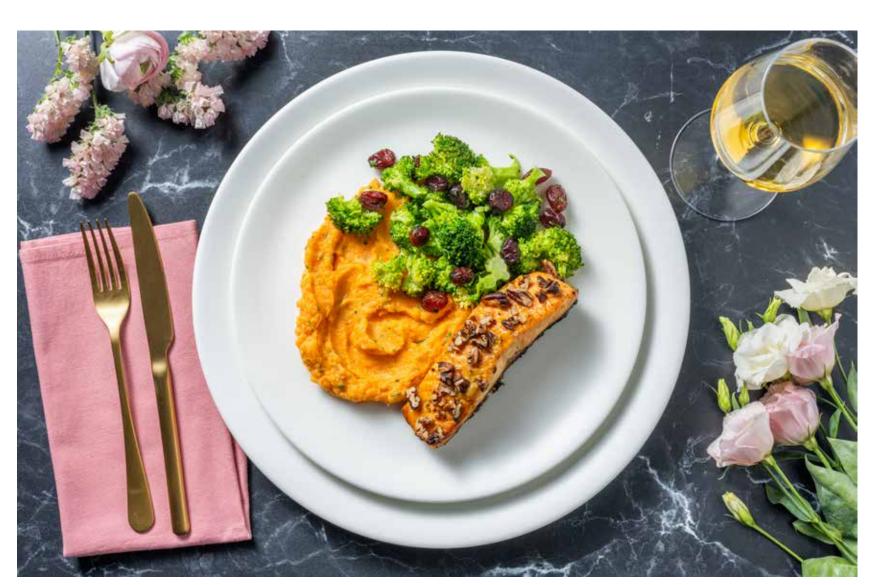


# HELLO Pecan-Crusted Roasted Salmon With Creamy Mash and Broccoli

with Creamy Mash and Broccoli

Valentine's Day

30 Minutes





Salmon Fillets, skinless 250 g | 500 g







Maple Syrup



1 tbsp | 2 tbsp

Pecans, chopped 28 g | 56 g



Sweet Potato



Chives

2 | 4









227 g | 454 g

**Dried Cranberries** ¼ cup | ½ cup

Allengens 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. 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



# 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.



## 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).



#### 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.\*\*



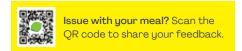
# Cook broccoli

- 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.



### 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.



Measurements

within steps

1 tbsp

(2 tbsp)

oil