



Pecan-Crusted Roasted Salmon

with Creamy Sweet Potato Mash and Brussels Sprouts

Special 30 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set. Happy cooking!

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Salmon Fillets, skinless



Shrimp



Dijon Mustard



Maple Syrup



Pecans, chopped



Sweet Potato



Chives



Brussels Sprouts



Dried Cranberries

HELLO MAPLE SYRUP

Maple syrup highlights the natural sweetness of the pecans!

Start here

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

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

Bust out

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

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	¼ 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.



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1



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.

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.

2



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).

5



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.

3



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.

Dinner Solved!