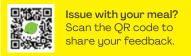


# Roasted Honey-Mustard Salmon

with Cucumber and Nectarine Salad

Family Friendly

20-min









Salmon Fillets, skin-on

Whole Grain Mustard





Honey

Mini Cucumber







Nectarine

Spring Mix







White Wine Vinegar



Ciabatta Roll

## Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps

#### **Bust out**

2 Baking sheets, measuring spoons, 2 large bowls, parchment paper, small bowl, whisk, paper towels

## **Ingredients**

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Whole Grain Mustard	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Mini Cucumber	132 g	264 g
Nectarine	2	4
Spring Mix	56 g	113 g
Garlic Salt	1 tsp	2 tsp
White Wine Vinegar	1 tbsp	2 tbsp
Ciabatta Roll	1	2
Oil*		

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.



## Prep and bake croutons

- Cut or tear ciabatta into ½-inch pieces.
- Add croutons, 1 tbsp (2 tbsp) oil, ½ tsp (1 tsp) garlic salt and pepper in a large bowl. Toss to combine.
- · Arrange on an unlined baking sheet. Toast in the top of the oven, stirring halfway through, until lightly golden, 10-12 min.



#### Prep

- Meanwhile, halve cucumber lengthwise, then cut into ½-inch half-moons.
- Cut four sections off nectarines, avoiding the pit. Cut **each section** into ½-inch pieces.
- Whisk together mustard and honey in a small bowl. Set aside.



Prep and roast salmon

- Pat **salmon** dry with paper towels. Season with ½ tsp (1 tsp) garlic salt and pepper.
- Arrange salmon on a parchment-lined baking sheet.
- Spread over half the honey-mustard sauce.
- Roast in the **middle** of the oven until cooked through, 7-10 min.\*\*



#### Make salad

- Meanwhile, whisk vinegar, 2 tbsp (4 tbsp) oil and remaining honey-mustard sauce to a large bowl.
- Add nectarines, cucumbers and spring mix. Set aside.



#### Finish and serve

- Add croutons to salad, then toss to combine. Season with salt and pepper, to taste.
- Gently remove and discard skin from salmon, if desired.
- Divide salad between plates.
- Serve honey-mustard salmon alongside.

**Dinner Solved!** 

