



Roasted Honey-Mustard Salmon

with Cucumber and Nectarine Salad

Family Friendly

20-min



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Salmon Fillets,
skin-on



Whole Grain Mustard



Honey



Mini Cucumber



Nectarine



Spring Mix



Garlic Salt



White Wine Vinegar



Ciabatta Roll

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

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

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.



1 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.



4 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.



2 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.



5 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.



3 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.**

Dinner Solved!



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