



# Roasted Salmon and Creamy Dill-Horseradish Sauce

with Wild Rice and Garlicky Broccoli

Family Feast

30 Minutes



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Jumbo Salmon Fillet,  
skin-on



Wild Rice Medley



Vegetable Broth  
Concentrate



Broccoli, florets



Dill



Garlic, cloves



Sour Cream



Creamy Horseradish  
Sauce



Lemon



Green Peas



Red Onion

HELLO HORSERADISH

*This spicy root is in the same family as wasabi!*

## 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, measuring spoons, zester, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Jumbo Salmon Fillet, skin-on	450 g	900 g
Wild Rice Medley	1 cup	2 cups
Vegetable Broth Concentrate	1	2
Broccoli, florets	227 g	454 g
Dill	7 g	7 g
Garlic, cloves	2	4
Sour Cream	6 tbsp	12 tbsp
Creamy Horseradish Sauce	2 tbsp	4 tbsp
Lemon	1	2
Green Peas	56 g	113 g
Red Onion	1	2
Unsalted Butter*	3 tbsp	6 tbsp
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.



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### Prep

- Peel, then mince or grate **garlic**.
- Peel, then cut **half the onion** into ¼-inch slices (use whole onion for 4 ppl).
- Heat a medium pot over medium heat. When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **half the garlic**. Cook, stirring constantly, until fragrant, 30 sec.



### Cook broccoli

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **broccoli, sliced onions** and ¼ **cup** (½ cup) **water**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.
- Add **2 tbsp** (4 tbsp) **butter** and **remaining garlic**. Cook, stirring often, until **butter** coats **broccoli**, 1 min. Season with **salt** and **pepper**, to taste.



### Cook rice

- Add **broth concentrate, peas, wild rice medley, 2 cups** (4 cups) **water** and ¼ **tsp** (½ tsp) **salt** to the pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and simmer until **rice** is tender and **liquid** is absorbed, 18-20 min.
- Remove the pot from heat. Set aside, still covered.



### Make sauce

- Meanwhile, finely chop **2 tsp** (4 tsp) **dill**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **chopped dill, remaining creamy horseradish sauce, sour cream** and **2 tsp** (4 tsp) **lemon juice** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Set aside.



### Prep and cook salmon

- Meanwhile, pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **salmon** on a parchment-lined baking sheet.
- Spread ½ **tbsp** (1 tbsp) **creamy horseradish sauce** over top of **salmon**.
- Roast **salmon** in the **middle** of the oven cooked through, 22-25 min.\*\*



### Finish and serve

- Fluff **rice** with a fork. Stir in **lemon zest**.
- Divide **salmon, wild rice pilaf** and **broccoli** between plates.
- Serve **creamy dill horseradish sauce** on the side.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!