



Smart Honey-Mustard Sheet Pan Salmon

with Chive Butter-Tossed Roasted Veggies

Carb Smart

Calorie Smart

35 Minutes



Salmon Fillets, skin-on



Red Potato



Carrot



Brussels Sprouts



Garlic, cloves



Lemon



Honey



Whole Grain Mustard



Lemon-Pepper Seasoning



Chives

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.
- Remove 1 tbsp butter (dbl for 4 ppl) from the fridge and set aside to come up to room temperature.

Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp

Bust out

Baking sheet, vegetable peeler, measuring spoons, large bowl, parchment paper, small bowl, paper towels

Ingredients

| | 2 Person | 4 Person |
|-------------------------|----------|----------|
| Salmon Fillets, skin-on | 250 g | 500 g |
| Red Potato | 240 g | 480 g |
| Carrot | 170 g | 340 g |
| Brussels Sprouts | 170 g | 340 g |
| Garlic, cloves | 1 | 2 |
| Lemon | ½ | 1 |
| Honey | 1 tbsp | 2 tbsp |
| Whole Grain Mustard | 1 tbsp | 2 tbsp |
| Lemon-Pepper Seasoning | ½ tsp | 1 tsp |
| Chives | 7 g | 7 g |
| Unsalted Butter* | 1 tbsp | 2 tbsp |
| 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.

Contact

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hello@hellofresh.ca

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Prep

- Quarter **potatoes**.
- Peel, then cut **carrot** into ¼-inch rounds.
- Halve **Brussels sprouts** (if larger, quarter them).
- Thinly slice **chives**.
- Cut **half the lemon** into wedges (whole lemon for 4 ppl).
- Peel, then mince or grate **garlic**.
- Combine **honey, mustard** and **half the garlic** in a small bowl.



Prep and roast salmon

- Meanwhile, **pat** salmon dry with paper towels. Season with **pepper** and **½ tsp salt**.
- Spread **honey-mustard sauce** over tops of **salmon**.
- When **Brussels sprouts** have roasted for 8-10 min, carefully remove the baking sheet from the oven. Stir **veggies**, then push to one side of the baking sheet. (**NOTE:** For 4 ppl, skip this part of the step and arrange salmon on another parchment-lined baking sheet.) Arrange **salmon** on the other side of the baking sheet.
- Roast in the **middle** of the oven until **salmon** is cooked through and **veggies** are tender, 8-10 min. (** **NOTE:** For 4 ppl, roast salmon in the top of the oven.)



Roast potatoes and carrots

- Add **carrots, potatoes, half the Lemon-Pepper Seasoning** and **2 tsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt**, then toss to combine.
- Add **veggies** to a parchment-lined baking sheet.
- Roast in the **middle** of the oven until slightly softened, 5-6 min.



Finish veggies

- Meanwhile, add **half the chives, 1 tbsp softened butter** and **½ tsp remaining garlic** to the same bowl (from step 3). (**NOTE:** Reference garlic guide.)
- When **veggies** are done, add to the bowl, then toss until **butter** melts and coats **veggies**.



Roast Brussels sprouts

- Meanwhile, add **Brussels sprouts, 2 tsp oil** (dbl for 4 ppl) and **remaining Lemon-Pepper Seasoning** to the same large bowl. Season with **salt**, then toss to coat.
- Once **veggies** have roasted for 5-6 min, add **Brussels sprouts** to the baking sheet. Toss to combine.
- Roast in the **middle** of the oven until **Brussels sprouts** slightly soften, 8-10 min.



Finish and serve

- Gently remove and discard salmon skin, if desired.
- Divide **veggies** between plates. Top with **salmon**.
- Squeeze a **lemon wedge** over **salmon**, if desired. Sprinkle with **remaining chives**.

Dinner Solved!