

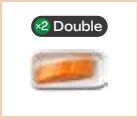


Smart Honey-Mustard Sheet Pan Salmon

with Chive Butter-Tossed Roasted Veggies

Smart Meal

30 Minutes



Salmon Fillets, skin-on
500 g | 1000 g

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



-  Salmon Fillets, skin-on
250 g | 500 g
-  Red Potato
200 g | 400 g
-  Carrot
1 | 2
-  Green Beans
170 g | 340 g
-  Garlic, cloves
1 | 2
-  Lemon
½ | 1
-  Honey
1 | 2
-  Whole Grain Mustard
1 tbsp | 2 tbsp
-  Lemon-Pepper Seasoning
1 tbsp | 1 tbsp
-  Chives
7 g | 7 g

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.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | 2 Baking sheets, vegetable peeler, measuring spoons, zester, large bowl, parchment paper, small bowl, paper towels

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Remove 1 tbsp (2 tbsp) butter from fridge. Set aside to come up to room temperature.
- **Garlic Guide for Step 5:**
 - Mild: ¼ tsp (½ tsp)
 - Medium: ½ tsp (1 tsp)

- Quarter **potatoes**.
- Peel, then cut **carrot** into ¼-inch rounds.
- Trim, then halve **green beans**.
- Thinly slice **chives**.
- Cut **half the lemon** (whole lemon for 4 ppl) into wedges.
- Peel, then mince or grate **garlic**.

2



Roast potatoes and carrots

- Add **carrots, potatoes, half the Lemon-Pepper Seasoning** and **2 tsp** (4 tsp) **oil** 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.

3



Prep green beans

- Meanwhile, add **green beans, 2 tsp** (4 tsp) **oil** and **remaining Lemon-Pepper Seasoning** to the same bowl.
- Season with **salt**, then toss to coat.
- Once **veggies** have roasted for 5-6 min, add **green beans** to one side of another parchment-lined baking sheet.
- Toss to combine. Set aside.

4



Prep and roast salmon

*2 Double | **Salmon Fillets**

- Meanwhile, pat **salmon** dry with paper towels. Season with **pepper** and **½ tsp** (¼ tsp) **salt**.
- Combine **honey, mustard** and **half the garlic** in a small bowl. Spread **honey-mustard sauce** over **tops of salmon**.
- Arrange **salmon** on the other side of the baking sheet with **green beans**.
- Roast in the **middle** of the oven until **salmon** is cooked through and **green beans** are tender, 8-10 min.** (**NOTE:** For 4 ppl, roast salmon in the top of the oven.)

5



Finish veggies

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

6



Finish and serve

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

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

4 | Prep and roast salmon

*2 Double | **Salmon Fillets**

If you've opted for **double salmon**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of salmon**.

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.