



Sweet and Sticky Mustard Salmon

with Corn, Wild Rice and Baby Veg Salad

Family Feast 35 Minutes



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Jumbo Salmon Fillet



Mango Chutney



Whole Grain Mustard



Wild Rice Medley



Corn on the Cob



Mini Cucumber



Baby Tomatoes



Spring Mix



Parsley



Crispy Shallots



White Wine Vinegar



Vegetable Stock Powder

HELLO MANGO CHUTNEY

This sweet and zingy condiment pairs well with salmon!

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, medium bowl, colander, measuring spoons, silicone brush, medium pot, large bowl, parchment paper, small pot, measuring cups, large pot, paper towels

Ingredients

	2 Person	4 Person
Jumbo Salmon Fillet	450 g	900 g
Mango Chutney	3 tbsp	6 tbsp
Whole Grain Mustard	2 tbsp	4 tbsp
Wild Rice Medley	1 cup	2 cup
Corn on the Cob	2	4
Mini Cucumber	132 g	264 g
Baby Tomatoes	113 g	227 g
Spring Mix	56 g	113 g
Parsley	7 g	14 g
Crispy Shallots	28 g	56 g
White Wine Vinegar	2 tbsp	4 tbsp
Vegetable Stock Powder	2 tbsp	4 tbsp
Unsalted Butter*	2 tbsp	4 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.



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Cook rice

- Stir together **stock powder**, **wild rice medley**, **2 cups** (4 cups) **water** and **1 tbsp** (2 tbsp) **butter** in a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cook until **rice** is tender and **liquid** is absorbed, 20-22 min.
- Remove the pot from heat. Set aside, still covered.



Make parsley butter

- While **salmon** cooks, finely chop **parsley**.
- Melt **1 tbsp** (2 tbsp) **butter** in a small pot or microwaveable bowl.
- Add **half the parsley**. Season with **salt** and **pepper**, then stir to combine.



Prep and cook corn

- Husk **corn**, then halve crosswise.
- Add **corn** and **enough water** to cover (by approx. 1-2 inches) to a large pot (use same for 4 ppl). Season with **salt**. Cover and bring to a boil over high heat, 3-4 min.
- Once boiling, Remove from heat and set aside, still covered.



Finish prep and make dressing

- Thinly slice **cucumbers**.
- Halve **tomatoes**.
- Add **vinegar**, **1 tbsp** (2 tbsp) **mango chutney** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**. Stir to combine.
- Add **cucumbers** and **tomatoes**, then toss to coat.



Prep and roast salmon

- Combine **mustard** and **2 tbsp** (4 tbsp) **mango chutney** in a medium bowl. Separate half into a small bowl and reserve.
- Line a baking sheet with parchment, leaving overhang on all sides. Brush parchment with **½ tbsp oil** (use same for 4 ppl).
- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Add **salmon** to the prepared baking sheet, skin-side down. Spread **mango-mustard mixture** from the medium bowl over top.
- Roast in the **middle** of the oven until cooked through, 15-20 min.**



Finish and serve

- Drain **corn**, then brush with **parsley butter**.
- Fluff **rice** with a fork, then stir in **half the crispy shallots** and **remaining parsley**.
- Add **spring mix** to the bowl with **veggies** and **dressing**, then toss to coat.
- Spoon **reserved mango-mustard** over **salmon**. Sprinkle **remaining crispy shallots** over top.
- Divide **corn**, **rice**, **salad** and **salmon** between plates.

Dinner Solved!