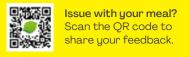


Sweet and Sticky Mustard Salmon

with Corn, Wild Rice and Baby Veg Salad

Family Feast

35 Minutes







Jumbo Salmon Fillet

Mango Chutney





Whole Grain Mustard







Corn on the Cob

Mini Cucumber

















Parsley

White Wine Vinegar



Vegetable Stock Powder



Start here

- Before starting, preheat the oven to
- Wash and dry all produce.

Measurements, 1 tbsp (2 tbsp) oil within steps 4 person Ingredient

Bust out

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

Ingredients

9		
	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*		

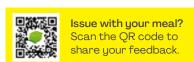
Salt and Pepper

- * 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.





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 mediumlow. Cook until rice is tender and liquid is absorbed, 20-22 min.
- Remove the pot from heat. Set aside, still covered.



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.



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 1/2 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.**



- 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.



- 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.



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!