



Hot Honey Salmon

WITH ZUCCHINI AND TOMATOES

Classic



Prep & Cook Time

25-35 MIN

Cook Within

3 DAYS

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Large Non-Stick Pan, Mixing Bowl

Ingredients

- .6 oz. Butter
- 2 Green Onions
- 2 Zucchini
- 4 oz. Grape Tomatoes
- 1 tsp. Citrus Mojo Rub
- ½ fl. oz. Honey
- ¼ tsp. Red Pepper Flakes

Difficulty Level

INTERMEDIATE

Spice Level

MILD

Customize It Options

- 12 oz. Salmon Fillets
- 12 oz. Filets Mignon
- 12 oz. Sirloin Steaks
- 12 oz. Boneless Skinless Chicken Breasts

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/21931

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

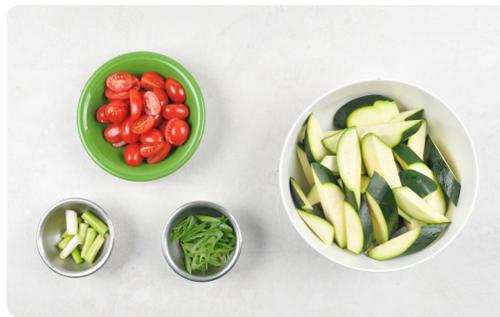
Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Set **butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using **customized protein**, pat dry and season both sides with a pinch of **salt** and **pepper**.
- If using **whole chicken breasts**, follow same instructions as salmon in Steps 2 and 3, cooking until browned on one side, 2-4 minutes, then roasting in hot oven until steaks reach a minimum internal temperature, 8-10 minutes.
- If using **filets mignon**, follow same instructions as salmon in Steps 2 and 3, cooking until browned on one side, 2-3 minutes, then roasting in hot oven until steaks reach a minimum internal temperature, 12-14 minutes. Rest, 3 minutes.
- If using **sirloin steaks**, follow same instructions as salmon in Steps 2 and 3, cooking until browned on one side, 2-3 minutes, then roasting in hot oven until steaks reach a minimum internal temperature, 10-12 minutes. Rest, 3 minutes.



1. Prepare the Ingredients

- Trim **zucchini** ends, halve lengthwise, and cut on an angle into 1/2" pieces.
- Halve **tomatoes**.
- Trim and slice white portions of **green onions** into 1" lengths. Thinly slice remaining green portions of green onions on an angle, keeping white and green portions separate.
- Pat **salmon fillets** dry, and season flesh side with a pinch of **salt** and **pepper**.



2. Sear the Salmon

- Place a large non-stick pan over medium-high heat.
- Add 1 tsp. **olive oil** and **salmon**, skin side up, to hot pan. Sear until golden brown, 2-4 minutes on one side.
- Transfer salmon to prepared baking sheet, skin side down. Wipe pan clean and reserve.



3. Roast the Salmon

- Roast **salmon** in hot oven until firm and salmon reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- While salmon roasts, continue recipe.



4. Make the Hot Honey Butter

- Add **softened butter**, **honey**, **red pepper flakes** (to taste), and a pinch of **salt** to a mixing bowl and stir until combined and smooth. Set aside.



5. Cook Vegetables and Finish Dish

- Return pan used to sear salmon to medium-high heat.
- Add 2 tsp. **olive oil** and **zucchini** to hot pan. Stir occasionally until zucchini is browned and tender, 3-5 minutes.
- Add **tomatoes**, **white portions of green onions**, and a pinch of **salt**. Cook until tomatoes are tender, 2-3 minutes.
- Stir in 1/4 tsp. salt and **citrus mojo rub**. Remove from burner.
- Plate dish as pictured on front of card, topping **salmon** with **hot honey butter** and garnishing vegetables with **green portions of green onions**. Bon appétit!