



# Apricot BBQ Salmon

WITH CHIVE AND CHEDDAR MASHED POTATOES

Oven-Ready Plus



**Prep & Cook Time**

30-40 MIN

**Cook Within**

3 DAYS

**You Will Need**

Olive Oil, Salt  
Medium Non-Stick Pan,  
Mixing Bowl

**Ingredients**

- 1 tsp. Garlic Pepper
- 8 oz. Green Beans
- 12 oz. Salmon Fillets
- 1 oz. Shredded Cheddar Cheese
- .32 oz. Ketchup
- .3 oz. Butter
- 1 oz. Apricot Preserves
- 6 Chive Sprigs
- 10 oz. Mashed Potatoes

**Difficulty Level**

EASY

**Spice Level**

NOT SPICY

**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/23917](http://www.homechef.com/23917)

\*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.



### 1. Start Vegetables and Make Apricot Sauce

- Turn oven on to 425 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry.
- In a mixing bowl, combine **apricot preserves**, **ketchup**, and 1 tsp. **water**. Set aside.
- In one provided tray, combine **green beans**, 1 tsp. **olive oil**, and 2 Tbsp. **water**. Cover tray with foil.
- Add **mashed potatoes** to second provided tray and stir vigorously to combine.
- Bake both trays (green beans covered, potatoes uncovered) in hot oven until green beans begin to soften and potatoes are warmed through, 15-17 minutes.
- While vegetables bake, continue recipe.



### 2. Add the Salmon

- Pat **salmon** dry and season flesh side with  $\frac{1}{4}$  tsp. **salt** and half the **garlic pepper** (reserve remaining for green beans).
- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add salmon, skin-side up, to hot pan. Sear on one side until golden-brown, 2-4 minutes.
- Remove from burner.
- After 15-17 minutes, carefully remove both trays from oven. Uncover **green beans** and stir in remaining garlic pepper and a pinch of salt. Push to one side of tray. *Tray will be hot! Use a utensil.*
- Transfer salmon, skin-side up, to now-empty side of green beans tray. Top salmon with **apricot sauce**.
- Add **butter**, **cheese**, and a pinch of salt to **mashed potatoes** tray. Stir vigorously to combine.



### 3. Bake the Meal

- Bake both trays again uncovered in hot oven until **salmon** is firm and reaches a minimum internal temperature of 145 degrees, 6-8 minutes.
- While meal bakes, mince **chives**.
- Carefully remove both trays from oven. Stir **mashed potatoes** vigorously.
- To serve, top mashed potatoes with chives. Bon appétit!