

Blueberry BBQ Salmon

With Honey-Balsamic Brussels Sprouts



Everyone loves BBQ, and when this unique blueberry BBQ sauce is brushed over a delicious salmon fillet, this dish is downright irresistible. All you need are two pans and a pinch of salt and pepper: easy to prepare and served with a perfectly sweet and tangy honey-balsamic Brussels sprouts, your weeknight dinner just became a special event.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

NUTRITION

Calories: 503
 Carbohydrates: 23g
 Fat: 18g
 Protein: 64g
 Sodium: 450mg
per serving

DRINK PAIRING

Sparkling Seltzer Water
 Pinot Noir
 Bloody Mary

INGREDIENTS

6 oz. Brussels Sprouts
1 Shallot
2 Parsley Sprigs
2 Salmon
1 ½ oz. Blueberry Preserves
2 tsp. Blueberry BBQ Seasoning Blend
½ oz. Apple Cider Vinegar
½ oz. Balsamic Vinegar
1 tsp. Honey



Prepare the Ingredients

Thoroughly rinse produce and pat dry. Trim ends and halve **Brussels sprouts**. Peel and julienne **shallot** (cut into thin strips). Stem and coarsely chop **parsley**. Rinse **salmon** and pat dry.



Make the BBQ Sauce

Warm a small pan over medium heat and add **blueberry preserves**, **blueberry BBQ seasoning blend**, and **cider vinegar**. Cook for five minutes, stirring occasionally. Set aside.

WHAT YOU NEED

Olive Oil
Salt
Pepper



Cook the Brussels sprouts

Heat 1 tsp. **olive oil** in a medium pan over medium-high heat. Add **Brussels sprouts** to pan and cook, stirring occasionally, for 8 minutes. Add **shallot** and cook for 2 minutes. Add **balsamic** and **honey** to pan and cook for 1 minute. Remove from heat and season with a pinch of **salt and pepper**. Transfer Brussels sprouts to a plate and wipe pan clean.

EQUIPMENT

Small Pan
Medium Pan



Cook the Salmon

Season both sides of **salmon** with a pinch of **salt and pepper**. Heat 1 tsp. of **olive oil** in the same pan used to cook Brussels sprouts over medium-high then add **salmon** and cook for 3-4 minutes per side, or until flesh is opaque and flaky and a minimum internal temperature of 145 degrees is reached.

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Plate the Dish

Divide cooked **Brussels sprouts** between two plates. Place a piece of **salmon** on the Brussels sprouts then drizzle or brush **BBQ sauce** over the salmon. Garnish with chopped **parsley**.

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