



Honey Mustard Baked Salmon

WITH GARLIC MASHED POTATOES AND BRUSSELS SPROUTS

Oven-Ready Plus



Prep & Cook Time

20-30 MIN

Cook Within

3 DAYS

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray
Medium Non-Stick Pan,
Mixing Bowl

Ingredients

- 4 oz. Shredded Brussels Sprouts
- 1 oz. Light Cream Cheese
- 3/4 oz. Roasted Garlic & Herb Butter
- 1/2 fl. oz. Honey
- 2 1/2 tsp. Grained Dijon Mustard
- 10 oz. Mashed Potatoes
- 12 oz. Salmon Fillets

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/21464

*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, sesame, 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 the Vegetables

- Turn oven on to 425 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry. Generously spray provided tray with **cooking spray**.
- Add **potatoes** and **cream cheese** to prepared tray and stir vigorously to combine. Push to one side of tray. *Cream cheese will melt as meal bakes.*
- In empty side, combine **Brussels sprouts**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper**.
- Bake uncovered in hot oven, 10 minutes.
- *Vegetables will finish baking in a later step.*
- While vegetables bake, continue recipe.



2. Add the Salmon

- Pat **salmon** dry and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add salmon, skin side up, to hot pan and sear until golden brown on one side, 1-2 minutes.
- Remove from burner. Carefully remove tray from oven. Stir **butter** into **potatoes** and push to one corner. Push **Brussels sprouts** to corner next to potatoes. *Tray will be hot! Use a utensil.*
- Transfer salmon, skin side down, to now-empty side of tray.



3. Bake Meal and Make Sauce

- Bake uncovered in hot oven until **salmon** reaches a minimum internal temperature of 145 degrees, 10-12 minutes.
- While meal bakes, in a mixing bowl, thoroughly combine **honey** and **mustard**.
- Carefully remove tray from oven.
- To serve, top salmon with honey mustard sauce. Bon appétit!