



Maple-Garlic Salmon

WITH BUTTERNUT SQUASH ALMONDINE

Express



Prep & Cook Time

15 MIN

Cook Within

3 DAYS

You Will Need

Olive Oil, Salt, Pepper
2 Medium Non-Stick Pans

Difficulty Level

INTERMEDIATE

Spice Level

MILD

Ingredients

- 1 1/2 tsp. Pot Roast Seasoning
- 1/8 oz. Harissa Spice Blend
- 1 fl. oz. Pure Maple Syrup
- 9 oz. Salmon
- 1/2 oz. Roasted Sliced Almonds
- 2 Garlic Cloves
- 1 Green Bell Pepper
- 12 oz. Cubed Butternut Squash

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/33700

*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, sesame, 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.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry



1. Cook the Vegetables

- Remove stem, seeds, and ribs, and cut **bell pepper** into ¼” dice.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **butternut squash**, bell peppers, ¼ cup **water**, **pot roast seasoning**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Cover and stir occasionally until tender and lightly browned, 8-12 minutes.
- *If pan is dry, add additional water, 1 Tbsp. at a time, as needed.*
- Remove from burner.
- While vegetables cook, continue recipe.



2. Prepare the Ingredients

- Coarsely chop **garlic**.
- Pat **salmon** dry and season flesh side with 1 tsp. **harissa spice blend** (use less if spice-averse; remaining is yours to use as you please!) and a pinch of **salt**.



3. Cook the Salmon

- Place another medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **salmon**, skin-side up, to hot pan and sear until golden-brown and salmon reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side.
- Remove from burner. Transfer to a plate. Reserve pan; no need to wipe clean.



4. Make Glaze and Finish Dish

- Return pan used to cook salmon to medium heat and add 2 tsp. **olive oil**. Add **garlic** to hot pan and stir occasionally until fragrant, 30-60 seconds.
- Add 3 Tbsp. **water** and **maple syrup**. Bring to a simmer.
- Once simmering, stir occasionally until glaze has slightly thickened, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **salmon** with glaze and garnishing **vegetables** with **almonds**. Bon appétit!