



In your box

- 2 Green Onions
- 4 oz. Grape Tomatoes
- 2 Garlic Cloves
- 2 Dill Sprigs
- 12 oz. Asparagus
- 12 oz. Salmon Fillets
- 1 ½ fl. oz. Honey Mustard Dressing



Grilled Honey-Mustard Salmon

with fresh tomato-dill relish and asparagus

NUTRITION per serving—Calories: 470, Carbohydrates: 15g, Fat: 32g, Protein: 37g, Sodium: 1144mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
3 days

Difficulty Level ● ◻ ◻ ◻
Easy

Spice Level ◻ ◻ ◻ ◻
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray
Mixing Bowl, Grill Pan or Outdoor Grill

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **green onions**



1

Prepare the Ingredients

- Coarsely chop **tomatoes**.
- Crush **garlic** with the side of a knife, then finely mince.
- Mince **dill**, leaves and stems.
- Trim and thinly slice white portions of **green onions** on an angle. Cut green portions into thin ribbons.
- Trim woody ends off **asparagus**.
- Pat **salmon** dry, and coat flesh side with ½ tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.



2

Make the Tomato Dill Relish

- Combine **tomatoes**, **garlic** (to taste), **dill**, **white portions of green onions**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** in a mixing bowl. Set aside.



3

Grill the Asparagus

- Heat grill pan or outdoor grill to medium heat. *Feel free to replace grill with a medium non-stick pan, adding 2 tsp. olive oil for each use. When using an outdoor grill with enough room, feel free to cook all elements at once.*
- Coat **asparagus** with **cooking spray** and toss with a pinch of **salt** and **pepper**.
- Once grill is hot, spray with cooking spray. Add asparagus to grill and flip occasionally until tender but still crisp, 5-7 minutes.
- Remove to a plate and tent with foil. Keep grill or grill pan over medium heat.



4

Grill the Salmon

- Spray hot grill pan or grill again with **cooking spray**.
- Place **salmon** on grill, flesh side down, and cook until opaque and fish reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Transfer salmon to a plate, flesh side up. Brush with **honey mustard dressing**.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing **salmon** with **tomato dill relish** and **green portions of green onions**. Bon appétit!