



In your box

- 2 tsp. Sugar
- .33 fl. oz. Liquid Smoke
- 12 oz. Salmon Fillets
- 12 oz. Cauliflower Florets
- 2 Garlic Cloves
- ¼ oz. Parsley
- 1 Lemon
- 1 ½ Tbsp. Home Chef “Everything Bagel” Seasoning



Hickory-Seasoned Salmon

with everything bagel-roasted cauliflower

NUTRITION per serving—Calories: 575, Carbohydrates: 19g, Fat: 42g, Protein: 39g, Sodium: 1632mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
3 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper

2 Mixing Bowls, Large Oven-Safe Pan, Medium Oven-Safe Non-Stick Pan

👑 Before you cook

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

- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **parsley**



1

Marinate the Salmon

- In a large mixing bowl, combine **sugar**, **liquid smoke**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Pat **salmon fillets** dry, and add to bowl. Rub liquid into salmon flesh, then place fillets in bowl, flesh side down. Refrigerate at least 10 minutes.
- While salmon marinates, prepare ingredients.



2

Prepare the Ingredients

- Chop **cauliflower florets** into large bite-sized pieces.
- Mince **garlic**.
- Mince **parsley**, stems and leaves.
- Zest **lemon**, halve, and juice.



3

Roast the Cauliflower

- Place a large oven-safe pan over medium heat and add 2 tsp. **olive oil**. Add **cauliflower florets** to hot pan and stir often until browned, 3-4 minutes.
- Place pan in hot oven and roast until tender, 12-15 minutes.
- Carefully (pan will be hot!), toss roasted cauliflower with **everything bagel seasoning**, ½ tsp. **salt**, and half the **parsley** (reserve remaining for vinaigrette).
- While cauliflower roasts, cook salmon.



4

Cook the Salmon

- Place a medium oven-safe non-stick pan over medium heat and add ½ tsp. **olive oil**.
- Remove **salmon** from **marinade**, letting excess drip off. Reserve marinade.
- Place salmon in hot pan, flesh side down. Cook salmon undisturbed until lightly browned, 4-5 minutes.
- Flip salmon, and spoon remaining marinade over top. Place pan in hot oven and roast until salmon reaches a minimum internal temperature of 145 degrees, 12-15 minutes.
- While salmon roasts, make vinaigrette.



5

Make the Vinaigrette

- In another mixing bowl, whisk together **garlic** (to taste), 2 tsp. **lemon juice**, ¼ tsp. **lemon zest**, remaining **parsley**, 2 Tbsp. **olive oil**, and a pinch of **salt** and **pepper**.
- Plate dish as pictured on front of card. Bon appétit!