



In your box

2 Green Onions
12 oz. Cauliflower Florets
½ oz. Dijon Mustard
¼ cup Pretzel Breading
2 oz. Light Cream Cheese
1 ½ Tbsp. Home Chef “Everything Bagel” Seasoning

Customize It Options

12 oz. Salmon Fillets
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets
13 oz. Boneless Skinless Chicken Breasts



Staff Pick

Pretzel-Crusted Salmon

with everything bagel cauliflower mash

NUTRITION per serving—Calories: 503, Carbohydrates: 23g, Fat: 30g, Protein: 42g, Sodium: 1574mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time
25-35 min.

Cook Within
3 days

Difficulty Level
Easy

Spice Level
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Medium Pot

👨‍🍳 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 **425 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray
- ☐ Ingredient(s) used more than once: **green onions**



1

Prepare the Ingredients

- Cut **cauliflower florets** into bite-sized pieces.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Pat **salmon fillets** dry, and season flesh side with a pinch of **salt** and **pepper**.
- *If using wild-caught salmon fillets or chicken breasts, follow same instructions and season same amount.*



2

Start the Cauliflower

- Bring a medium pot with **cauliflower**, 1½ cups **water**, **white portions of green onions**, and ¼ tsp. **salt** to a boil over high heat. Reduce heat to medium-high and stir occasionally until water evaporates, 10-12 minutes.
- Remove from burner.
- While cauliflower cooks, roast salmon.



3

Roast the Salmon

- Place **salmon** on prepared baking sheet, skin side down, and brush each top with **Dijon**. Top evenly with **pretzel breading** and drizzle with 1 tsp. **olive oil**. *You may not use all the pretzel breading.*
- Roast in hot oven until crust browns and salmon reaches a minimum internal temperature of 145 degrees, 12-15 minutes.
- *If using chicken breasts, follow same instructions and roast until chicken reaches a minimum internal temperature of 165 degrees, 16-18 minutes. If using wild-caught salmon, follow same instructions and roast until salmon reaches a minimum internal temperature of 145 degrees, 9-11 minutes.*
- While salmon roasts, finish cauliflower.



4

Finish the Cauliflower

- Add **cream cheese** to pot with **cauliflower** and mash until mostly smooth and combined. Stir in **green portions of green onions** (reserve a pinch for garnish).
- Cover and set aside.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing **cauliflower** with **everything bagel seasoning** and reserved **green portions of green onions**. Bon appétit!