



# HONEY DIJON-GLAZED SALMON

with a Crispy Walnut-Panko Crust

PREP: 5 MIN  
TOTAL: 30 MIN

LEVEL 1

MAKE FIRST



## HELLO WALNUT-PANKO CRUST

Breadcrumbs and nuts mean double the crunch

### INGREDIENTS:

- Broccoli Florets
- Shallot
- Walnuts (Contains: Tree Nuts)
- Veggie Stock Concentrate
- French Couscous (Contains: Wheat)
- Panko Breadcrumbs (Contains: Wheat)
- Honey
- Dijon Mustard
- Salmon (Contains: Fish)

### FOR 2 PEOPLE:

8 oz  
1  
1 oz  
1  
¾ Cup  
¼ Cup  
1 TBSP  
½ TBSP  
12 oz

### FOR 4 PEOPLE:

16 oz  
2  
2 oz  
2  
1½ Cups  
½ Cup  
1 TBSP  
1 TBSP  
24 oz

### NUTRITION PER SERVING

921 cal | Fat: 42 g | Sat. Fat: 6 g | Protein: 53 g | Carbs: 79 g | Sugar: 12 g | Sodium: 438 mg | Fiber: 6 g

## START STRONG

**Chop chop!** Make sure to chop the walnuts into fine, evenly sized pieces. It'll help ensure that the crust goes on evenly and is uniformly crunchy throughout.



## BUST OUT

- Baking sheet
- Small pot
- 2 Small bowls
- Olive oil (2 tsp | 4 tsp)
- Butter ( 1 TBSP | 2 TBSP)  
(Contains: Milk)

### 1 PREHEAT OVEN AND ROAST BROCCOLI

**Wash and dry all produce.**

Preheat oven to 400 degrees. Toss **broccoli** on a lightly oiled baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast until lightly browned and crispy, about 20 minutes.

### 2 PREP INGREDIENTS

Peel, halve, and finely chop **shallot**. Finely chop **walnuts**. **TIP:** If you have a food processor, use it to chop walnuts.

### 3 COOK COUSCOUS

Heat **1 TBSP butter** in a small pot over medium heat. Add **shallot** and cook until softened, 4-5 minutes. Stir in **1 cup water** and **stock concentrate** and bring to a boil. Stir in **couscous**, cover, and remove from heat.



### 4 MAKE WALNUT CRUST

In a small bowl, combine **panko**, **chopped walnuts**, and **1 tsp olive oil**. Season with **salt** and **pepper**. In another small bowl, combine **honey** and **Dijon mustard** to make glaze.

### 5 COOK SALMON

With 10 minutes to go on **broccoli**, remove baking sheet from oven. Place **salmon** skin-side down toward one side of sheet and season with **salt** and **pepper**. Brush with **glaze**, then press **walnut crust** mixture on top. Roast until **salmon** is opaque in center and **broccoli** is crisp and browned, 10-12 minutes.

### 6 FINISH AND PLATE

Fluff **couscous** with a fork, then transfer to plates. Serve with **broccoli** and **salmon** on top.

## MAGNIFICENT!

Love that crust? Use it to top other fish or poultry.