



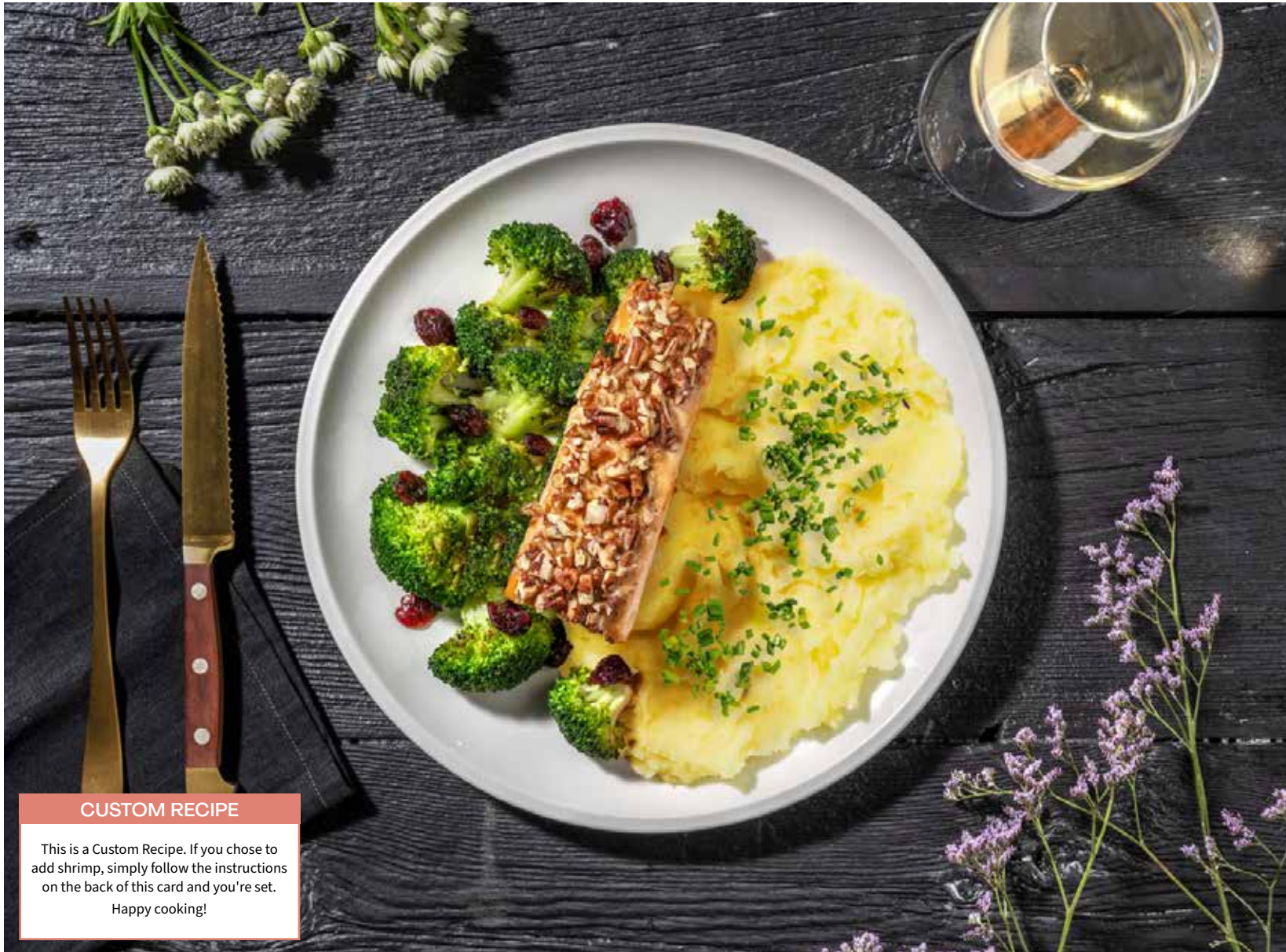
Pecan-Crusted Roasted Salmon

with Creamy Mash and Broccoli

Special 30 Minutes



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Salmon Fillets,
skinless



Shrimp



Dijon Mustard



Maple Syrup



Pecan, chopped



Russet Potato



Chives



Broccoli, florets



Dried Cranberries

CUSTOM RECIPE

This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO MAPLE SYRUP

Maple syrup highlights the natural sweetness of the pecans!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Bust out

Baking sheet, vegetable peeler, measuring spoons, measuring cups, potato masher, rolling pin, colander, parchment paper, small bowl, whisk, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Shrimp	285 g	570 g
Dijon Mustard	1 ½ tsp	3 tsp
Maple Syrup	1 tbsp	2 tbsp
Pecan, chopped	28 g	56 g
Russet Potato	460 g	920 g
Chives	7 g	7 g
Broccoli, florets	227 g	454 g
Dried Cranberries	¼ cup	½ cup
Unsalted Butter*	3 tbsp	6 tbsp
Milk*	3 tbsp	6 tbsp
Salt and Pepper*		

* Pantry items

** Cook salmon to a minimum internal temperature of 70°C/158°F and shrimp to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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1 Prep and cook potatoes

- Peel, then cut **potatoes** into 1-inch cubes.
- Combine **potatoes**, **1 tsp salt** and **enough water** to cover (by approx. 1-2 inches) in a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered, until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.



4 Cook broccoli

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **broccoli** and **¼ cup** (½ cup) **water**. Cook, stirring occasionally, until water evaporates, 4-5 min.
- Add **1 tbsp** (2 tbsp) **butter** and **dried cranberries**. Cook, stirring often, until **butter** is melted and **broccoli** is tender-crisp, 1 min.
- Add **half the chives**. Season with **salt and pepper**, then toss to combine.
- Remove from heat.



2 Prep

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Thinly slice **chives**.
- Whisk together **Dijon** and **half the maple syrup** (use all for 4 ppl) in a small bowl. Set aside.
- Open one side of the package of **pecans**. Using a rolling pin or heavy-bottomed pot, crush **pecans** in their package, until broken into small crumbs (or finely chop if you prefer).

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season with **salt and pepper**. Heat a large non-stick pan over medium-high. When hot, add **½ tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat, then transfer to a plate. Reuse the same pan to cook **broccoli** in step 4.



5 Finish and serve

- Mash **2 tbsp** (4 tbsp) **butter** and **3 tbsp** (6 tbsp) **milk** into **potatoes** until smooth.
- Season with **salt and pepper**, then stir in **remaining chives**.
- Divide **pecan-crusted roasted salmon**, **creamy mash** and **broccoli and cranberries** between plates.

Divide **shrimp** between plates.

Dinner Solved!



3 Roast salmon

- Pat **salmon** dry with paper towels. Season with **salt and pepper**.
- Coat **tops of salmon** with **maple-Dijon mixture**.
- Sprinkle **pecans** over top and press down lightly to adhere.
- Transfer **pecan-crusted salmon** to a parchment-lined baking sheet.
- Roast in the **middle** of the oven, until **salmon** is cooked through, 8-10 min.**