



**GREEN
CHEF**

HONEY-MUSTARD SALMON

Roasted rainbow carrots & sautéed broccoli

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

480

MENU

PALEO // GLUTEN-FREE

A sweet and savory seafood dish perfect for cold nights. Salmon fillets are pan-seared, drizzled with a honey and stone-ground mustard sauce, then roasted to a flaky finish. They're served alongside roasted rainbow carrots and red onion — seasoned with a smoky mustard and thyme blend. Sautéed broccoli adds earthy notes on the side.

INGREDIENTS (6 ITEMS)

2 (5 oz) **Salmon fillets** F
 ¼ cup **Honey-mustard sauce**
 3 whole **Rainbow carrots***
 6 oz **Broccoli**
 1 medium **Red onion**
 1 ½ tsp **Smoky mustard & thyme blend**

WHAT YOU'LL NEED

medium sauté pan
 large oven-safe sauté pan
 baking sheet
 measuring cup & spoons
 peeler
 thermometer
 oven mitt

ALLERGENS

F FISH (salmon)



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*You may receive a different color variety of this ingredient.

Wash and dry fresh produce. Wash hands and surfaces after handling raw fish. Consuming raw or undercooked fish can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com

1 PREP VEGGIES

- Preheat oven to 400 degrees.
- Cut **broccoli** into bite-size pieces, if needed.
- Cut tops off **rainbow carrots** and peel. Cut across at an angle into about ½-inch thick rounds.
- Cut ends off **red onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into about ¼-inch thick strips.*

**Chef's Tip: We recommend using the entire onion in this recipe, but feel free to use less!*



2 SEASON & ROAST VEGGIES

- Place **carrots** and **onion** on a lightly oiled foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with **smoky mustard and thyme blend**, salt, and pepper. Stir to evenly coat.
- Spread **carrots and onion** out in an even layer. Transfer baking sheet to oven. Roast 10-15 minutes, or until carrots are fork tender, stirring halfway through.



3 SEASON & SEAR SALMON

- Pat **salmon fillets** dry with a paper towel.* Season both sides with salt and pepper.
- Heat about 1 ½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **salmon** to hot pan, skin-side up. Sear 3-4 minutes on each side.

**Did You Know? Patting the salmon dry results in a more even distribution of the seasonings, as well as a better sear.*



4 ROAST SALMON

- Drizzle **honey-mustard sauce** over salmon. Transfer pan to oven. Roast 4-6 minutes, or until sauce is warmed through and salmon is fully cooked.* (Salmon is fully cooked when internal temperature reaches 145 degrees and it easily flakes with a fork.)

**Careful! The pan handle will remain hot after the pan is removed from the oven. Slide a silicone pan handle cover (or a pot holder) over the handle to protect your hands.*



5 COOK BROCCOLI

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **broccoli** to hot pan. Season with salt and pepper. Cook 4-5 minutes, or until broccoli is lightly browned, stirring occasionally.
- Add about ¼ cup water to pan.* Stir. Cook 2-3 minutes, or until broccoli is fork tender, stirring occasionally.

**Here's Why: Adding water to the hot pan creates steam, which cooks the broccoli faster.*



6 PLATE YOUR DISH

- Divide **honey-mustard salmon** between plates. Serve **roasted rainbow carrots and onion** and **sautéed broccoli** next to salmon.
- Enjoy!