



# HONEY-MUSTARD SALMON

*Smoky roasted carrots & sautéed broccoli*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
690

**MENU**  
PALEO // GLUTEN-FREE

A little bit sweet, a little bit tangy — tonight’s paleo-friendly seafood dinner is the best of both worlds. Seared and roasted to a flaky finish, salmon fillets are glazed in a glossy honey-mustard sauce. On the side, sweet roasted carrots and red onion get a subtly smoky kick from a mustard-thyme blend with smoked paprika. Sautéed broccoli adds a pop of green to the plate.

**INGREDIENTS (6 ITEMS)**


- 2 (5 oz) **Salmon fillets** F
- ¼ cup **Honey-mustard sauce**
- 3 whole **Carrots**
- 6 oz **Broccoli**
- 1 whole **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
- cooking oil
- salt & pepper

**ALLERGENS**

- F FISH (salmon)

 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

 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.

Wash and dry fresh produce. Wash hands and surfaces after handling raw fish. Consuming raw or undercooked fish may increase your risk of foodborne illness. Go to [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 PREP

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

\*We recommend using the whole onion in this recipe, but feel free to add it to your taste.

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 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**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **carrots and onion** out in a single layer. Transfer baking sheet to oven. Roast 20–24 minutes, or until carrots are fork tender, stirring halfway through.

## 3 SEASON & SEAR SALMON

- Pat **salmon fillets** dry with paper towels. Season 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.

## 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! To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.

## 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 about ¼ teaspoon salt and a pinch of pepper. Cook 4–5 minutes, or until broccoli is lightly browned, stirring occasionally.
- Add about ¼ cup water. Cook 2–3 minutes, or until broccoli is fork tender, stirring occasionally.

## 6 PLATE YOUR DISH

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

