



HONEY-MUSTARD SALMON

Smoky roasted rainbow carrots & sautéed broccoli

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 690	NET CARBS PER SERVING 35 GRAMS	MENU PALEO // GLUTEN-FREE
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This paleo-friendly seafood dish strikes a delicious balance between sweet and savory flavors. Salmon fillets, pan-seared and roasted to a flaky finish, are glazed in our delectable honey-mustard sauce. A side of earthy-sweet roasted rainbow carrots and red onion gets 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
- 3 ½ oz **Honey-mustard sauce**
- 3 whole **Rainbow 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.

*This ingredient may be a different color. Either way, this dish will still be delicious!

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 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 **rainbow 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.*

4 COOKING FOR

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 2–3 minutes on each side.

4 **ROAST SALMON**

- Drizzle **honey-mustard sauce** over flesh side of **salmon**. Transfer pan to oven. Roast 5–7 minutes, or until salmon is fully cooked and sauce is warmed through.* (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 to pan. Cook 2–3 minutes, or until broccoli is fork tender, stirring occasionally.

6 **PLATE YOUR DISH**

- Divide **honey-mustard salmon** between plates. Pile **smoky roasted rainbow carrots and red onion** and **sautéed broccoli** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (500g)

Amount per serving

Calories **690**

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 790mg	34%
Total Carbohydrate 43g	16%
Dietary Fiber 8g	29%
Total Sugars 29g	
Includes 19g Added Sugars	38%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 115mg	8%
Iron 3mg	15%
Potassium 1350mg	30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Salmon fillets, Honey-mustard sauce (stone-ground mustard [grain vinegar, water, mustard seed, salt, spices], honey), **Broccoli, Rainbow carrots, Smoky mustard & thyme blend** (dried thyme, smoked paprika, dried mustard), **Red onion**

Allergen information:

Contains Fish

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.