

# HONEY-MUSTARD SALMON

*smoky roasted rainbow carrots, sautéed broccoli*

<b>COOK TIME</b> 30 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 710	<b>NET CARBS PER SERVING</b> 34 GRAMS	<b>MENU</b> 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 hints of smoked paprika. Sautéed broccoli adds a pop of green to the plate.

### INGREDIENTS (6 ITEMS)

- 3 whole **Rainbow carrots**
- 1 whole **Red onion**
- 6 oz **Broccoli**
- 1½ tsp **Smoky mustard & thyme blend**
- 2 (5 oz) **Salmon fillets\*** F
- 3½ oz **Honey-mustard sauce**


### 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)

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

**Validate**  

 Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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

\*Salmon is fully cooked when internal temperature reaches 145 degrees and it easily flakes with a fork.

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 [greenchef.com/faq](http://greenchef.com/faq) 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. Slice across at an angle into rounds, about ½ inch thick.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.
- Cut **broccoli** into bite-size pieces if necessary.

*\*The ingredient you received may be a different color.*

## 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 out in a single layer.
- 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 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **salmon**, skin sides up, to hot pan. 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.\*

*\*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

## SAUTÉ 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 lightly browned, stirring occasionally.
- Add about ¼ cup water to pan. Cook 2-3 minutes, or until fork-tender, stirring occasionally.

# 6

## PLATE YOUR DISH

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



## Nutrition Facts

2 Servings per container

**Serving size** (488g)

Amount per serving

**Calories** **710**

	% Daily Value*
<b>Total Fat</b> 43g	55%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 1120mg	49%
<b>Total Carbohydrate</b> 41g	15%
Dietary Fiber 7g	25%
Total Sugars 27g	
Includes 17g Added Sugars	34%
<b>Protein</b> 33g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 2mg	10%
Potassium 1285mg	25%

\* 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** [salmon], **Honey-Mustard Sauce** (Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Honey [honey]), **Broccoli, Rainbow Carrots, Red Onion, Smoky Mustard & Thyme Blend** (Dried Thyme, Smoked Paprika, Dried Mustard)

### 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.*