



PECAN-CRUSTED SALMON

with an Apple-Studded Salad & Thyme-Roasted Potatoes

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



¼ oz | ¼ oz
Thyme



½ oz | 1 oz
Pecans
Contains: Treenuts



¼ Cup(s) | ½ Cup(s)
Panko
Breadcrumbs
Contains: Wheat



2 tsp | 4 tsp
Honey



2 tsp | 4 tsp
Dijon Mustard



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



10 oz | 20 oz
Salmon
Contains: Fish



1 | 1
Apple



1 | 1
Lemon



2 oz | 4 oz
Mixed Greens



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*The ingredient you received may be a different color.

HELLO

HONEY MUSTARD SAUCE

Mixed with mayonnaise, this creamy sauce acts as a binder for the pecan crust and adds a sweet-and-savory flavor to buttery salmon.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 970



(CI)TRUST US

When making your salad in step 5, squeeze the lemon directly over the apple slices before giving 'em a good toss. Not only will this add a bright pop of flavor, it'll help keep the apple from browning.

BUST OUT

- 2 Baking sheets
- Paper towels
- Medium bowl
- Large bowl
- Small bowl
- Kosher Salt
- Black Pepper
- Butter
Contains: Milk
- Cooking Oil
- Olive Oil

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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Fish is fully cooked when internal temperature reaches 145.



1 PREP

- Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry produce.**
- Cut **potatoes** into ¼-inch-thick rounds. Strip **thyme leaves** from stems; roughly chop leaves until you have 2 tsp. Finely chop **pecans** or crush in their bag with a heavy-bottomed pan or rolling pin.



4 ROAST FISH

- Pat **salmon*** dry with paper towels; season with **salt** and **pepper**. Drizzle skin sides with **oil**; rub to coat.
- Once potatoes have roasted 12 minutes, place salmon, skin sides down, on a second baking sheet. Evenly spread tops with a **thin layer of honey mustard sauce** (*save remaining sauce for serving*); mound with **pecan mixture**, pressing firmly to adhere.
- Transfer **potatoes** to middle rack and place salmon on top rack. Roast until crust is golden brown and salmon is cooked through, 8-10 minutes.



2 ROAST POTATOES

- **Lightly oil** a baking sheet. Toss **potatoes** on sheet with a **drizzle of oil**, **half the chopped thyme**, **salt**, and **pepper**.
- Roast on top rack for 12 minutes (*you'll start the salmon then*).



5 MAKE SALAD

- Meanwhile, halve, core, and thinly slice **apple**. Quarter **lemon**.
- In a large bowl, combine **mixed greens**, apple, a **large drizzle of olive oil**, and as much **lemon juice** as you like. Season with **salt** and **pepper**.



3 MAKE CRUST & SAUCE

- While potatoes roast, place **2 TBSP butter** (**3 TBSP for 4 servings**) in a medium microwave-safe bowl. Microwave until melted, 30 seconds. Let cool slightly, then stir in **pecans**, **panko**, **remaining chopped thyme**, and a **pinch of salt and pepper**.
- In a small bowl, combine **honey**, **mustard**, and **mayonnaise**.



6 SERVE

- Divide **salmon**, **potatoes**, and **salad** between plates. Drizzle salmon with **remaining honey mustard sauce** and serve.