



DIJON ONION CRUNCH SALMON

over Lemony Broccoli Spaghetti

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Broccoli



1 | 2
Crispy Fried Onions
Contains: Wheat



½ Cup | 1 Cup
Italian Cheese Blend
Contains: Milk



1 | 2
Lemon



6 oz | 12 oz
Spaghetti
Contains: Wheat



10 oz | 20 oz
Salmon
Contains: Fish



1 tsp | 2 tsp
Garlic Powder



2 tsp | 4 tsp
Dijon Mustard



1 oz | 2 oz
Cheese Roux Concentrate
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



2 TBSP | 4 TBSP
Garlic Herb Butter
Contains: Milk



1 tsp | 2 tsp
Chili Flakes



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HELLO

CRISPY FRIED ONIONS

Combined with Italian cheeses and pressed into salmon, the topping adds savory flavor and a subtle crunch.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 1140



STROKE OF GENIUS

In Step 3, we prefer to use a basting brush to coat the salmon with mustard, but if you don't have one, simply use the back of a spoon.

BUST OUT

- Large pot
 - Paper towels
 - Zester
 - Baking sheet
 - Strainer
 - Whisk
 - Small bowl
-
- Kosher salt
 - Black pepper
 - Cooking oil (1 tsp | 1 tsp)
 - Butter (1 TBSP | 2 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

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

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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. Bring a large pot of **heavily salted water** to a boil. **Wash and dry produce.**
- Cut **broccoli** into bite-size pieces. Finely crush **crispy onions** in their package (TIP: **Once crushed, crispy onions should resemble breadcrumbs**). Roughly chop **half the Italian cheese blend**. Zest and quarter **lemon** (for 4 servings, zest one lemon and quarter both).



2 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, 9-11 minutes.
- Reserve **1½ cups pasta cooking water** (2 cups for 4 servings), then drain. (Keep empty pot handy for making sauce.)



3 ROAST BROCCOLI & SALMON

- While pasta cooks, in a small bowl, combine **crispy onions** and **chopped cheese**.
- Toss **broccoli** on one side of a **lightly oiled** baking sheet with a **drizzle of oil, salt,** and **pepper**. Roast on top rack for 10 minutes.
- Pat **salmon*** dry with paper towels and season all over with **half the garlic powder** (you'll use the rest in the next step), **salt,** and **pepper**. Once broccoli has roasted 10 minutes, remove sheet from oven. Carefully add salmon, skin sides down, to empty side of sheet. Evenly brush tops of salmon with **Dijon** and mound with **crispy onion mixture**, pressing lightly to adhere. (No need to coat the undersides.)
- Return to top rack and roast until salmon is cooked through and crust is golden, and broccoli is browned and tender, 8-10 minutes.



4 START SAUCE

- Heat empty pot used for pasta over medium heat. Add **1 cup reserved pasta cooking water** (1½ cups for 4 servings), **cheese roux**, and **remaining garlic powder** and whisk until combined. Cook, whisking, until slightly thickened, 2-3 minutes.
- Reduce heat to medium low and whisk in **cream cheese** until melted and combined, 1 minute.



5 FINISH SAUCE & PASTA

- To pot with **sauce**, add drained **spaghetti**, **roasted broccoli**, **garlic herb butter**, **half the lemon zest**, **remaining Italian cheese blend**, **1 TBSP plain butter** (2 TBSP for 4 servings), a **big squeeze of lemon juice**, and a pinch of **chili flakes**. Cook, stirring, until butter melts and pasta is coated in a creamy sauce, 1 minute. TIP: **If needed, stir in more reserved pasta cooking water a splash at a time.**
- Taste and season with **salt, pepper,** and more **lemon juice** if desired.



6 SERVE

- Divide **pasta** between bowls. Top with **salmon** and sprinkle with **remaining lemon zest** and a pinch of **chili flakes** if desired. Serve with **remaining lemon wedges** on the side.

*Salmon is fully cooked when internal temperature reaches 145°.