



Fast! Honey Mustard Salmon

with Charred Broccoli Panzanella Salad



ca. 20min



2 Servings

This meal ticks all the boxes for a weeknight dinner made in a flash—without sacrificing flavor. Here we pan-roast tender salmon filets and top them in a sweet and tangy homemade honey and whole grain mustard sauce. We give Panzanella, an Italian bread salad, a hearty twist by combining toasted ciabatta with charred broccoli, fresh tomatoes, and parsley tossed in a lemony dressing.

What we send

- ½ lb broccoli
- 1 ciabatta roll ¹
- 1 plum tomato
- 1 lemon
- ¼ oz fresh parsley
- 10 oz pkg salmon filets ⁴
- 1 pkt crushed red pepper
- 2 (½ oz) honey
- 1 pkt turkey broth concentrate
- ½ oz whole-grain mustard ¹⁷

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)
- butter ⁷

Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

Allergens

Wheat (1), Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 940kcal, Fat 69g, Carbs 43g, Protein 36g



1. Broil broccoli

Preheat broiler with rack in upper third. Cut **broccoli** into ½-inch florets. Transfer to a rimmed baking sheet and toss with **1 tablespoon oil** and **a pinch each of salt and pepper**. Transfer to upper oven rack and cook until just starting to char, 6-8 minutes.



4. Toast bread

While **salmon** cooks, toss **ciabatta** with **2 tablespoons oil** and add to baking sheet with **broccoli**. Return to oven until bread is toasted and broccoli is charred and tender, 2-4 minutes more.

To bowl with **dressing**, add **broccoli**, **ciabatta**, **tomatoes**, and **parsley**. Toss to combine.



2. Prep ingredients

Meanwhile, cut or tear **ciabatta** into 1-inch pieces. Cut **tomato** into 1-inch pieces. In a small bowl, finely grate **1 teaspoon lemon zest**; cut remaining lemon into wedges. Coarsely chop **parsley**, removing any large bits of stem.

To bowl with **lemon zest**, add **3 tablespoons oil**, **2 tablespoons vinegar**, and **a pinch of red pepper flakes**. Season to taste with **salt**.



5. Make sauce

Melt **1 tablespoon butter** in skillet. Add **all of the honey, turkey broth, mustard**, and **2 tablespoons water**. Bring to a simmer and cook, stirring frequently, until slightly reduced. Season with **salt**. Return **salmon** to skillet; turn to coat in sauce.



3. SALMON VARIATION

Pat **salmon** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Cook until skin is charred and crisp in spots, about 4 minutes. Flip and cook until just medium, about 1 minute more.



6. Serve

Serve **salmon** with **extra sauce** spooned over top, with **lemon wedges** and **broccoli panzanella salad** alongside. Enjoy!