



Salmon with Golden-Balsamic Honey Pan Sauce

Potatoes & Brussels Sprouts



ca. 20min



2 Servings

This bistro-style meal is made for busy nights thanks to our easy potato hack and a quick and elegant pan sauce. We pre-cook potatoes in the microwave and broil them with Brussels sprouts until golden brown, then toss in ranch seasoning. Golden balsamic vinegar is bright and tangy with an acidity that balances sweet honey to make a deeply flavorful pan sauce. We sprinkle fresh green parsley on top, and voilà!

What we send

- 2 potatoes
- ½ lb Brussels sprouts
- 10 oz pkg salmon filets ⁴
- ½ oz honey
- ¼ oz fresh parsley
- ¼ oz ranch seasoning ⁷
- garlic
- 1 oz golden balsamic vinegar

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷
- all-purpose flour (or gluten-free alternative)

Tools

- microwave
- rimmed baking sheet
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 920kcal, Fat 60g, Carbs 61g, Protein 38g



1. Prep potatoes

Preheat broiler with rack in upper third. Scrub **potatoes**, then cut into 1-inch pieces. Place in a medium microwave-safe bowl; cover with a damp paper towel. Microwave until just tender, about 5 minutes. Transfer potatoes to a rimmed baking sheet and toss with **2 tablespoons oil** and **a pinch each of salt and pepper**. Broil on top rack until lightly browned, about 4 minutes (watch closely).



4. Start pan sauce

Reduce skillet heat to medium. Add **garlic**, **1 tablespoon butter**, and **½ teaspoon flour**. Cook, stirring, until butter is melted and garlic is fragrant, about 30 seconds. Add **¼ cup water** and bring to a simmer, stirring and scraping up bits from the bottom of skillet.



2. Broil Brussels sprouts

Meanwhile, halve or quarter **Brussels sprouts** (depending on size). Finely chop **2 teaspoons garlic**. Add Brussels sprouts to rimmed baking sheet with **potatoes**; toss with **1 tablespoon oil** and **a pinch each of salt and pepper**. Return to top rack and broil until potatoes and Brussels are browned and tender, flipping vegetables halfway through, 8-10 minutes total (watch closely).



5. Finish pan sauce

Stir in **honey** and **1 teaspoon golden balsamic vinegar**. Season to taste with **salt** and **pepper**. If necessary, thin sauce by stirring in **1 tablespoon water** at a time. Reduce heat to medium-low. Return **salmon**, skin-side up, to skillet. Simmer salmon in pan sauce to warm through, about 1 minute.



3. Cook salmon

Meanwhile, 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 fillet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, about 4 minutes. Flip and cook until just medium, about 1 minute more. Transfer to a plate.



6. Finish & serve

Coarsely chop **parsley leaves and stems**. Toss **potatoes** and **Brussels sprouts** with **ranch seasoning** and **1 tablespoon butter** directly on baking sheet until butter is melted and veggies are nicely coated. Transfer **veggies** to plates alongside **salmon**. Spoon **pan sauce** over the **salmon** and garnish with **parsley**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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