

DINNERLY



Apricot-Mustard Glazed Salmon with Brussels Sprouts & Sweet Potatoes



35min



2 Servings

This is the kind of meal that knows how to keep it simple: tender salmon and veggies all roasted to perfection on one sheet pan. But a super easy apricot-mustard glaze takes it to the next level. Sweet and tangy and the exact opposite of boring. We've got you covered!

WHAT WE SEND

- 1 sweet potato
- ½ lb Brussels sprouts
- 8 oz pkg salmon filets ¹
- 2 (½ oz) apricot preserves
- 1 oz whole-grain mustard

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

TOOLS

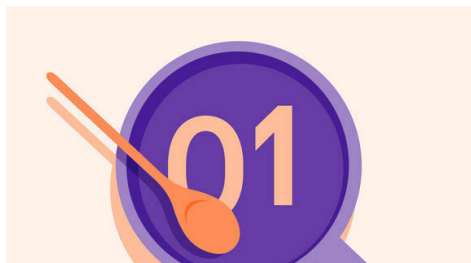
- rimmed baking sheet

ALLERGENS

Fish (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 570kcal, Fat 30g, Carbs 47g, Protein 29g

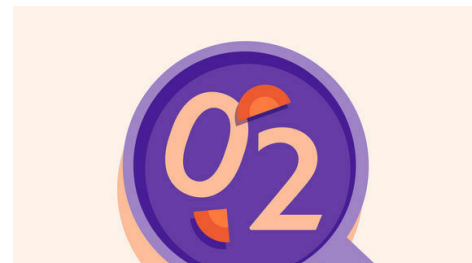


1. Prep ingredients

Preheat broiler with a rack in the upper third.

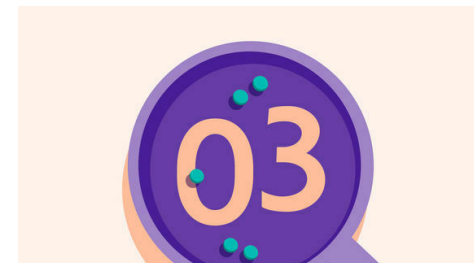
Halve **sweet potato** lengthwise, then cut into ¼-inch thick half moons. Trim ends from **Brussels sprouts**; remove any outer leaves, if necessary. Cut in half (or quarter, if large). Finely chop **2 teaspoons garlic**.

Pat **salmon** dry; brush with **oil** and season all over with **salt** and **pepper**.



2. Prep veggies

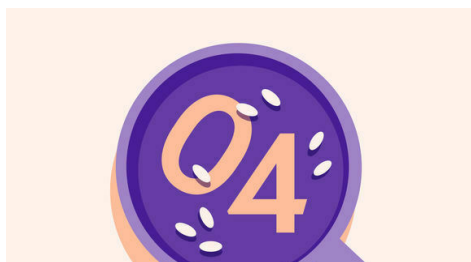
On a rimmed baking sheet, toss **sweet potatoes** with **1 tablespoon oil** and **half of the chopped garlic**. Season with **salt** and **pepper**; push to one side of sheet. On open side, toss **Brussels sprouts** with **1 tablespoon oil** and **remaining chopped garlic**; season with **salt** and **pepper**.



3. Broil & make glaze

Broil **veggies** on upper oven rack until they just start to brown, about 7 minutes (watch closely as broilers vary).

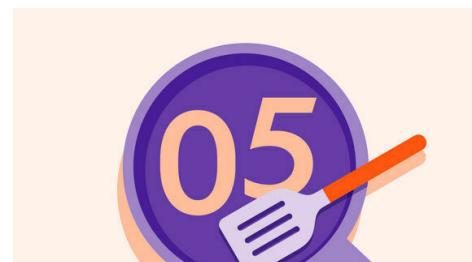
Meanwhile, in a small bowl, stir to combine **all of the apricot preserves**, **mustard**, and **1 teaspoon water**.



4. SALMON VARIATION

Remove baking sheet from oven. Nestle **salmon** in center of baking sheet and carefully brush all over with **half of the apricot-mustard glaze**.

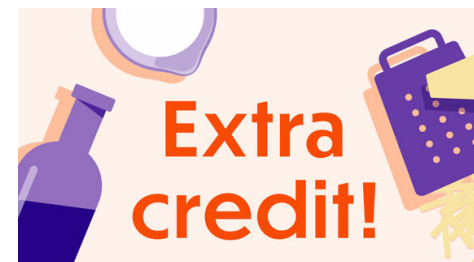
Return to upper oven rack; continue to roast until **sweet potatoes** are tender and browned in spots and salmon is just medium, about 7 minutes more.



5. Finish & serve

Brush **salmon** with **remaining apricot-mustard glaze**.

Serve **apricot-mustard glazed salmon** with **roasted sweet potatoes** and **Brussels sprouts** alongside. Enjoy!



6. Extra veggies!

Do you have extra veggies sitting in the fridge? Any veggie tastes great roasted, so cut up those carrots, slice up that squash, and add them to a second baking sheet. Drizzle with oil, season with salt and pepper, and broil on a second oven rack.