

MARLEY SPOON



Fast! Maple-Dijon Salmon with Carrots

Green Beans & Crispy Breadcrumbs



ca. 20min



2 Servings

Sometimes all it takes to elevate a simple meal to an unforgettable one is a great pan sauce. We pair pan-roasted salmon with broiled veggies and a simple-to-make, flavorful pan-sauce made with Dijon mustard and maple syrup. The sauce is the perfect balance of sweet and savory—it takes this meal to the next level! A sprinkle of toasted, buttery breadcrumbs over the salmon adds a delightful crunch to each bite.

What we send

- 2 carrots
- ½ lb green beans
- 1 oz panko ²
- 10 oz pkg salmon filets ³
- 2 (¼ oz) Dijon mustard
- 1 oz maple syrup
- 1 pkt vegetable broth concentrate
- ¼ oz fresh parsley

What you need

- neutral oil
- kosher salt & ground pepper
- butter ¹
- apple cider vinegar (or red wine vinegar)

Tools

- rimmed baking sheet
- medium nonstick skillet

Allergens

Milk (1), Wheat (2), Fish (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 53g, Carbs 40g, Protein 34g



1. Broil ingredients

Preheat broiler with a rack in the upper third. Scrub **carrots**, cut in half lengthwise, and cut on an angle into 1-inch pieces. Trim stem ends from **green beans**.

On rimmed baking sheet, toss **veggies** with **1 tablespoon oil**; season with **salt** and **pepper**. Broil on upper oven rack until veggies are softened and browned in spots, about 10 minutes (watch closely as broilers vary).



4. Make pan sauce

To same skillet off heat, add **all of the Dijon mustard, maple syrup, broth concentrate, ¼ cup water, 1 tablespoon butter, and 2 teaspoons vinegar**. Return to medium-low heat and cook, stirring frequently to scrape up any browned bits, until **sauce** is slightly thickened, 1-2 minutes. Season to taste with **salt** and **pepper**.



2. Toast breadcrumbs

Meanwhile, heat **1 tablespoon each of oil and butter** in a medium nonstick skillet over medium-high. Add **panko** and cook, stirring occasionally, until lightly browned and toasted, 2-3 minutes. Transfer to a bowl and season with **salt** and **pepper**; set aside until step 5. Wipe out skillet.



5. Pick parsley

Pick **parsley leaves**; discard stems.

Serve **carrots and green beans** alongside **salmon**. Pour **pan sauce** over **salmon** and sprinkle generously with **buttery breadcrumbs**. Garnish with **parsley leaves**.



3. Cook salmon

Pat **salmon** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet 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. Remove skillet from heat.



6. Serve

Enjoy!