



Honey Mustard Grilled Salmon

with Potato Salad & Asparagus



20-30min



2 Servings

If you don't have a grill or grill pan, preheat broiler with top rack 6 inches from heat source. Transfer salmon to a rimmed baking sheet. Broil on top oven rack, 3-4 minutes (watch closely as broilers vary). Add asparagus to baking sheet. Broil until salmon is medium and asparagus is tender, 3-4 minutes. Spoon honey mustard over salmon. Broil until sauce is browned in spots, about 1 minute.

What we send

- 2 Yukon gold potatoes
- garlic
- 1 oz cornichon
- ½ lb asparagus
- ¼ oz fresh dill
- ½ oz honey
- 10 oz pkg salmon filets ¹
- 2 (¼ oz) Dijon mustard

What you need

- kosher salt & pepper
- olive oil
- apple cider vinegar (or white wine vinegar)

Tools

- medium saucepan
- grill or grill pan

Allergens

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

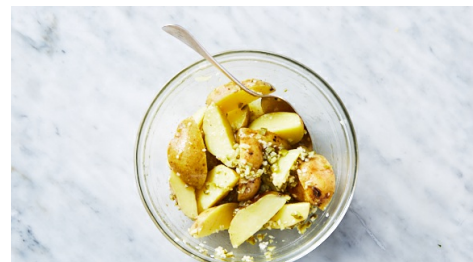
Nutrition per serving

Calories 740kcal, Fat 48g, Carbs 47g, Protein 36g



1. Cook potatoes

Scrub **potatoes**, then cut into 1-inch thick wedges. Place in a medium saucepan, along with **1 tablespoon salt** and enough water to cover by 1 inch. Cover and bring to a boil over high heat, then uncover and cook until easily pierced with a knife, 5-7 minutes. Drain, rinse with cold water, and drain again. Pat potatoes dry.



2. Make potato salad

Meanwhile, finely chop **1 teaspoon garlic**. Finely chop **cornichons**. In a medium bowl, whisk to combine **chopped garlic and cornichons, 3 tablespoons oil, and 2 tablespoons vinegar**. Season to taste with **salt and pepper**. Add **cooked potatoes** and toss to combine. Set aside at room temperature, stirring occasionally, until step 6.



3. Prep ingredients

Preheat grill or grill pan to high (see front of recipe for alternatives). Trim bottom 2 inches from **asparagus**. Finely chop **dill fronds and tender stems**.



4. Prep sauce & salmon

In a large bowl, whisk together **honey, Dijon mustard, and 1 tablespoon oil**. Season to taste with **salt and pepper**.

Pat **fish** dry. Rub lightly with **oil**, then season all over with **¼ teaspoon each of salt and pepper**.



5. Grill salmon & asparagus

Grill **salmon** until browned, 3-4 minutes. Flip and add **asparagus** to grill or grill pan. Grill until salmon is medium (or longer for desired doneness) and asparagus is crisp-tender, 3-4 minutes (watch closely). Transfer asparagus to plates and season with **a pinch of salt**.



6. Glaze salmon & serve

Spoon **honey mustard sauce** over **salmon** on grill or grill pan. Cook, turning, until **honey mustard sauce** is lightly caramelized, about 1 minute more. Add **dill** to **potato salad** and stir to combine.

Serve **honey mustard grilled salmon** with **potato salad** and **asparagus** alongside. Enjoy!