



Mustard-Glazed Wild Salmon

with Corn, Snap Peas & Tomatoes



20-30min



2 Servings

Who doesn't love a restaurant-style dish made easily at home—and in under 30 minutes! Salmon is a quick-cooking fish that holds its own when paired with bold flavors. For this dish, salmon is coated in a sweet and tangy mustard glaze then baked until flaky. And better still, on top of being delicious, it's also protein-packed and full of heart-healthy omega-3's.

What we send

- 1 yellow onion
- 1 oz whole-grain mustard ¹⁷
- 4 oz snap peas
- 1 plum tomato
- ¼ oz fresh dill
- 10 oz pkg wild-caught sockeye salmon ⁴
- 5 oz corn

What you need

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

Tools

- medium nonstick, ovenproof skillet

Allergens

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

Nutrition per serving

Calories 540kcal, Fat 29g, Carbs 32g, Protein 36g



1. Make mustard glaze

Preheat oven to 425°F with a rack in the center.

Finely chop **1 tablespoon onion**, then thinly slice 3 tablespoons of the remaining onion.

In a small bowl, stir to combine **chopped onions, mustard, 1 teaspoon each of vinegar and sugar**, and **a generous pinch each of salt and pepper**.



4. Cook corn & snap peas

Heat **1 tablespoon oil** in a medium nonstick, ovenproof skillet over medium-high. Add **corn, snap peas**, and **sliced onions**; season with **salt and pepper**. Cook, stirring, until corn and snap peas are crisp-tender, 2-3 minutes. Transfer to a medium bowl and wipe out skillet.

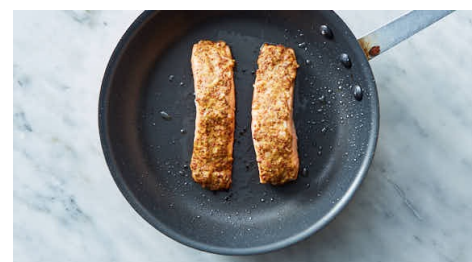


2. Prep ingredients

Trim ends from **snap peas**, then thinly slice on an angle.

Cut **tomato** into ½-inch pieces.

Coarsely chop **dill**, discarding thick stems.



5. Cook salmon

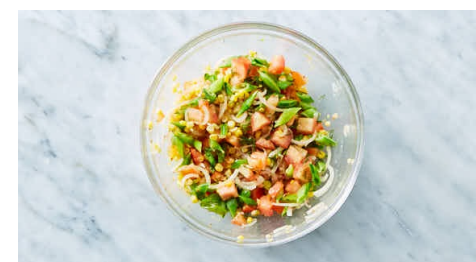
Heat **1 tablespoon oil** in same skillet over medium-high, and swirl to coat. Add **salmon**, skin side down, and cook until skin is lightly browned and crisp, about 3 minutes. Transfer skillet to oven and roast on center oven rack until salmon is just cooked through, about 3 minutes more.



3. Prep salmon

Pat **salmon** dry and place skin side down on a cutting board.

Reserve **½ tablespoon of the mustard glaze** for step 6, then spread remaining glaze on top of salmon fillets in an even layer.



6. Finish & serve

Meanwhile, to **corn and snap peas**, stir in **chopped dill and tomatoes, reserved mustard glaze, 1 tablespoon oil**, and **½ tablespoon vinegar**. Season to taste with **salt and pepper**.

Serve **salmon** with **veggies** alongside. Enjoy!