



One-Pan Salmon

with Kale and Brussels Sprouts



20-30min



2 Servings

A complete salmon dinner cooked entirely on one pan is a revelation (and means only one pan to clean up)! The vegetables cook right alongside the salmon then get dressed with a mustard-dill-lemon vinaigrette. The best part of all is how the kale transforms into crispy chips in the oven. Cook, relax and enjoy!

What we send

- lemon
- brussels sprouts
- whole grain mustard
- fresh dill
- micro gold potatoes
- tuscan kale

What you need

- olive oil
- pepper
- salt

Tools

- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 583.0kcal



1. Prep vegetables

Preheat oven to 450°F. Remove stems from kale and cut into 1½ inch pieces. Trim ends from brussels sprouts and remove any wilted outer leaves. Slice sprouts thinly through the core.



2. Arrange on baking sheet

On a rimmed baking sheet, toss kale and brussels sprouts with 2 tablespoons oil, salt and pepper and spread in an even layer on $\frac{2}{3}$ of the baking sheet.



3. Roast vegetables

Toss potatoes with 2 teaspoons oil and season with salt and pepper. Spread on remaining $\frac{1}{3}$ of sheet pan. Place sheet pan in oven and roast for 6 minutes



4. Cook salmon

Remove sheet pan from oven and toss kale, sprouts and potatoes. Make room in the center of the pan for salmon. Season salmon with salt and pepper; place in the center of the baking sheet. Return to oven and bake until salmon is just cooked, about 10-12 minutes.



5. Prep dressing

Meanwhile juice and zest the lemon. Remove leaves from dill stems and finely chop. Mix all in a small bowl with mustard and 2 tablespoons of oil. Season with salt and pepper.



6. Drizzle dressing

Remove sheet pan from oven and drizzle salmon and greens with dressing. Divide all among two plates and serve. Enjoy!