



Herb-Roasted Salmon

with Potato Wedges & Asparagus



30-40min



2 Servings

Whole-grain mustard is tangy and has a delightful texture thanks to whole mustard seeds. We combine this mustard with sweet honey, fresh rosemary, oil, and a splash of vinegar, which turns into a lively vinaigrette for flaky, roasted salmon fillets. Crisp potatoes and asparagus roast alongside the salmon for a sheet pan dinner that's easy to make and even easier to eat.

What we send

- 14 oz Yukon gold potatoes
- ½ lb asparagus
- ¼ oz fresh rosemary
- 1 lemon
- ½ oz whole-grain mustard ¹⁷
- ½ oz honey
- 10 oz salmon fillets ⁴

What you need

- olive oil
- kosher salt & ground pepper
- balsamic (or white wine vinegar) ¹⁷

Tools

- rimmed baking sheet
- microplane or grater

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

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

Nutrition per serving

Calories 660kcal, Fat 36g, Carbs 49g, Proteins 35g



1. Roast potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **potatoes**, then cut into ½-inch thick wedges. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on lower oven rack until just beginning to get tender and browned underneath, about 20 minutes.



4. Prep salmon

Pat **salmon** dry. Season fillets all over with **salt** and **pepper**.



2. Prep ingredients

Trim tough ends from **asparagus**. Pick and finely chop **1½ teaspoons rosemary leaves**; discard stems. Finely grate **half of the lemon zest**, then cut lemon into wedges; reserve both for step 6.



5. Roast asparagus & salmon

Flip **potatoes**; push to one side of baking sheet. Add **asparagus** to other side and drizzle lightly with **oil**; season with **salt** and **pepper**. Place **salmon** between potatoes and asparagus, then spoon **1 tablespoon of dressing** over each fillet. Return to center oven rack and roast until salmon is cooked through and asparagus and potatoes are tender, 8-10 minutes.



3. Prep dressing

In a small bowl, whisk to combine **mustard**, **chopped rosemary leaves**, **honey**, **1½ tablespoons each of oil and vinegar**, **½ teaspoon salt**, and **a few grinds of pepper**.



6. Finish & serve

Immediately, toss **potatoes** with **reserved lemon zest** (be careful, it's hot!). Place **salmon** on plates and drizzle **remaining dressing** over top. Serve **potatoes** and **asparagus** alongside **salmon** with **lemon wedges** on the side for squeezing over. Enjoy!