



Hemp Heart-Crusted Salmon, Delicata Squash &

Brussels Sprouts with Honey Vinaigrette



30-40min



2 Servings

We've taken heart-healthy to a whole new level by using nutritious hemp hearts. The nutty flavor pairs perfectly with buttery panko crumbs which we use to make a crunchy coating for flaky salmon fillets. Alongside, we roast delicata squash and Brussels sprouts, then toss them in a honey-garlic vinaigrette. A garlicky crema accompanies the salmon— this easy sheet pan dinner comes together (and cleans up) in a snap.

What we send

- ½ lb Brussels sprouts
- 1 delicata squash
- garlic
- 1 lemon
- 1 oz panko ²
- ¼ oz hemp hearts
- 10 oz pkg salmon filets ³
- ½ oz honey
- 1 oz sour cream ¹
- ¼ oz fresh chives

What you need

- butter ¹
- olive oil
- kosher salt & ground pepper

Tools

- microwave
- rimmed baking sheet

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 750kcal, Fat 50g, Carbs 43g, Protein 37g



1. Prep veggies

Preheat oven to 400°F with a rack in the center.

Quarter **Brussels sprouts**; remove any outer leaves, if necessary. Halve **delicata squash** crosswise, scoop out and discard seeds with a spoon, and slice into ½-inch thick half-moons. Finely chop **2 teaspoons garlic**. Squeeze **2 teaspoons lemon juice** into a small bowl. Cut any remaining lemon into wedges.



4. Make vinaigrette & crema

In small bowl, whisk to combine **honey**, **lemon juice**, **half of the garlic**, and **1 tablespoon oil**. Season vinaigrette to taste with **salt** and **pepper**.

In a 2nd small bowl, combine **sour cream**, **remaining garlic**, and **1 tablespoon water**. Season crema to taste with **salt** and **pepper**.



2. Toast panko

In a small microwave-safe bowl, microwave **1 tablespoon butter** until melted, about 30 seconds. Add **¼ cup panko** to bowl and stir to evenly coat in butter. Spread onto a rimmed baking sheet in an even layer. Transfer to center oven rack and bake until golden brown, 5-7 minutes (watch closely as ovens vary). Return toasted panko to bowl; toss with **hemp hearts**. Set aside until step 4.



5. Roast salmon

Flip **veggies** and push to one side of baking sheet. Lightly **oil** other side, then place **salmon**, skin side down, next to veggies.

Return to oven and roast until fish is cooked to medium and topping is golden brown, 7-9 minutes (or longer for desired doneness).



3. Roast veggies

Toss **veggies** with **2 tablespoons oil** on same rimmed baking sheet. Season with **a pinch each of salt and pepper**. Transfer to center oven rack and roast until tender, about 20 minutes.

Meanwhile, pat **salmon** dry; season all over with **salt** and **pepper** and drizzle with **oil**. Sprinkle **hemp and panko mixture** over flesh side, pressing to adhere. Set aside until step 5.



6. Finish & serve

Finely chop **chives**. Carefully toss **veggies** with **vinaigrette** direct on baking sheet.

Transfer **salmon** to plates. Spoon **crema** next to fish, then place **veggies** on top. Garnish with **chives**. Enjoy!