

MARLEY SPOON



Honey-Dijon Glazed Salmon

with Roasted Green Beans & Potatoes

 30-40min  2 Servings

We glaze succulent salmon with a sweet-tangy combo of honey-mustard and vinegar. And we save time by cooking the potatoes and green veggie together with a sheet pan roast of Yukon golds and string beans.

What we send

- 2 Yukon gold potatoes
- ½ lb green beans
- ¼ oz fresh thyme
- 2 (½ oz) honey
- 10 oz pkg salmon filets ¹
- 2 (¼ oz) Dijon mustard

What you need

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

Tools

- rimmed baking sheet
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 700kcal, Fat 39g, Carbs 59g, Protein 36g



1. Roast potatoes

Preheat oven to 450°F with a rack in the upper third. Place a rimmed baking sheet in oven to preheat. Scrub **potatoes**, then slice into ¼-inch thick rounds. In a medium bowl, toss potatoes with **1½ tablespoons oil, salt, and a few grinds pepper**. Carefully add to the preheated baking sheet in an even layer. Roast on upper oven rack until tender and lightly browned, 15-20 minutes.



4. SALMON VARIATION

Meanwhile, pat **fish** dry. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Reduce heat to medium; add fish skin-side down. Firmly press each filet with back of a spatula, 10 seconds. Cook, occasionally pressing gently on filets, until skin is well browned and very crisp and fish is almost cooked through, about 5 minutes. Flip; cook until just medium, about 1 minute more.



2. Prep ingredients

Meanwhile, trim **green beans**. Pick and finely chop **½ teaspoon thyme leaves**. Using same bowl, toss green beans with remaining whole thyme sprigs, **1 teaspoon oil, and a pinch each salt and pepper**. In a small bowl, whisk to combine **chopped thyme, honey, mustard, and 2 tablespoons each vinegar and water**.



5. Make pan sauce

Remove skillet from heat, then immediately add **honey-mustard-vinegar mixture** to skillet. Return skillet to medium heat; stir, scraping up any browned bits from the bottom, until sauce is thick and glossy, 2-3 minutes. Season to taste with **salt and pepper**.



3. Roast green beans

Once **potatoes** have been in the oven for 15-20 minutes, add **green beans** to baking sheet. Return to oven and roast on upper oven rack until potatoes are browned and crisp, and green beans are tender, about 10 minutes. Remove and discard **thyme sprigs**.



6. Serve

Serve **salmon** alongside **roasted green beans and potatoes** with **sauce** spooned over salmon. Enjoy!