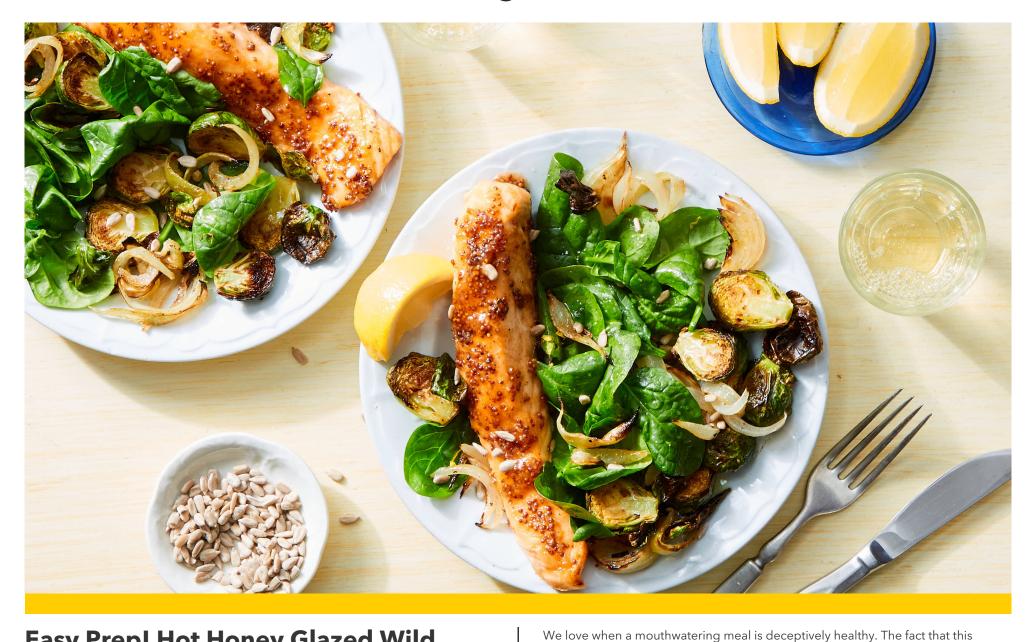
MARLEY SPOON



Easy Prep! Hot Honey Glazed Wild Salmon

with Brussels Sprouts & Wilted Spinach



sheet pan dinner comes together so quickly is the icing on the cake (or the glaze on the salmon in this case). A spicy-sweet honey glaze transforms wild salmon filets into something addictive, and a warm veggie salad balances the rich salmon while sunflower seeds provide a satisfying crunch. We think a meal can be delicious and virtuous too.

What we send

- ½ lb Brussels sprouts
- 1 yellow onion
- garlic
- 10 oz pkg wild-caught sockeye salmon ¹
- ½ oz whole-grain mustard
- ½ oz Mike's Hot Honey
- 5 oz baby spinach
- 1 lemon
- 1 oz salted sunflower seeds

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- microplane or grater

Allergens

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

Nutrition per serving

Calories 470kcal, Fat 22g, Carbs 31g, Protein 41g



1. Prep ingredients

Preheat broiler with a rack in the center.

Trim **Brussels sprouts**, remove any outer leaves if necessary, then cut in half. Halve and cut **half of the onion** into ¼-inch thick slices (save rest for own use). Finely grate 1½ teaspoons garlic.



2. Broil veggies

On a rimmed baking sheet, toss **Brussels** sprouts and sliced onions with half of the grated garlic and 1 tablespoon oil; season with salt and pepper. Broil on center oven rack until veggies are just starting to brown, about 7 minutes (watch closely as broilers vary).



3. Prep wild salmon

Meanwhile, pat **salmon** dry and season all over with **salt** and **pepper**.

In a small bowl, stir to combine **mustard**, **hot honey**, and **remaining grated garlic**. Brush **half of the hot honey glaze** over **salmon**, flesh side only (reserve rest for step 5).



4. Broil salmon

Carefully push **Brussels sprouts and onions** to sides of baking sheet; place **glazed salmon**, skin side down, in center of same baking sheet. Broil on center oven rack until salmon is medium, and veggies are crisp tender, 5-7 minutes (watch closely).



5. Finish veggies

Carefully toss **Brussels sprouts and onions** with **spinach** directly on hot
baking sheet until spinach is wilted. Finely
grate zest from **half of the lemon** over
top. Season veggies to taste with **salt** and **pepper**. Brush **salmon** with **remaining hot honey glaze**.



6. Finish & serve

Cut **lemon** into wedges. Serve **glazed** salmon with **Brussels sprout and wilted** spinach salad alongside. Garnish salad with sunflower seeds and serve with **lemon wedges** on the side for squeezing over top. Enjoy!