

# Honey-Glazed Salmon

Simple, fresh and delicious, this recipe has it all. Honey gives salmon a sweet, caramelized flavor that we love. It's just right with hands-free roasted root vegetables and a refreshing cucumber salad.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Beets & Parsnips  
Cucumber Salad  
Sour Cream Dressing  
Salmon  
Honey Glaze

## Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the Beets & Parsnips reducing the **carbs per serving to 40g**. In step 2, cook the cauliflower according to those directions, except reduce the cooking time to 8 to 10 minutes.

**Our salmon** is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

**Health snapshot per serving** –560 Calories, 23g Fat, 39g Protein, 50g Carbs, 12 Freestyle Points.

**Cooking dairy free?** *We've left the sour cream out of your dressing. Toss it with 3 Tbsp olive oil instead.*

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Salmon, Beets, Parsnips, Cucumbers, Radish, Red Onion, Honey, Sour Cream, Mustard, Olive Oil, Horseradish, Dill, Balsamic Vinegar.

*meez* meals

## 1. Getting Started

Preheat oven to 425.

## 2. Roast the Vegetables

Toss the **Beets & Parsnips** with a drizzle of olive oil, salt and pepper and arrange in a single layer on a baking sheet. Cook until the vegetables are tender and start to brown, about 20 minutes. Remove from the oven and set aside.

## 3. Make the Cucumber Salad

While the Beets & Parsnips are roasting, combine the **Cucumber Salad** with the **Sour Cream Dressing** in a mixing bowl, toss and place in the refrigerator until ready to serve.

## 4. Cook the Salmon

Dry the **Salmon** and place in a Ziplock bag or small bowl. Pour 2/3 of the **Honey Glaze** into the ziplock bag and let marinate for at least 5 minutes.

When the salmon is ready to cook, heat 1½ Tbsp olive oil in a large skillet over high heat. When the oil is very hot place the salmon – not the marinade - in the skillet. Discard the marinade inside the ziplock bag.

Cook the salmon until the bottom has a golden sear, about 3 minutes. Flip and cook until the other side also turns golden brown, another 3 minutes. Reduce the heat to medium and add the remaining glaze and cook for 1 to 2 additional minutes, frequently spooning the glaze over the top of the salmon as boils and thickens.

Turn off the heat and remove the salmon from the skillet – leaving the glaze - and set aside.

## 5. Put It All Together

Serve the salmon on top of the Beets & Parsnips and top with the glaze left in the skillet. Serve the cucumber salad on the side and enjoy!

*Save the remaining 1/3 of the honey glaze not used to marinate the salmon for the final section of step 4*

*Soak the skillet in water right away so the glaze doesn't get stuck on.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**