

Pecan Maple Salmon

Simplicity at its best. Our maple apple glaze gives salmon a rich, caramelized flavor that we just love. Paired with pecans and roasted brussels sprouts, and you've got a restaurant-worthy dinner that's on the table in just 25 minutes.

25 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Salmon
Pecan
Brussels Sprouts
Maple Apple Glaze

Good to Know

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

Health snapshot per serving –595 Calories, 32g Fat, 44g Protein, 33g Carbs, 18 Smart Points.

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

INGREDIENTS: Salmon, Brussels Sprouts, Pecans, Apple Cider, Apple Cider Vinegar, Maple Syrup, Brown Sugar, Cinnamon, Cayenne.

meez *meals*

1. Getting Started

Preheat oven to 400.

2. Roast the Brussels

Place **Brussels Sprouts** cut side down on a baking sheet and sprinkle with olive oil, salt, and pepper. Cook until Brussels are soft and start to brown, 16 to 18 minutes. Remove from oven and set aside.

3. Cook the Salmon

While the Brussels are roasting, dry the **Salmon** and place in a ziplock bag or small bowl. Pour the **Maple Apple 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. Save the marinade.

Cook the salmon until the bottom has a golden sear, about 4 minutes. Flip the salmon and add all the Maple Apple Glaze to the pan. Cook for 3 minutes, frequently spooning the glaze over the top of the salmon as it boils.

Turn off the heat and remove the salmon from the skillet – leaving the glaze - and set aside. Mix the **Pecans** and glaze in the skillet until the pecans are well coated.

4. Put It All Together

Serve the salmon on top of the Brussels Sprouts and top with the glaze and pecans. Enjoy!

Instructions for two servings.

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