

Sheet Pan Brown Sugar Espresso Salmon

This dinner proves that big flavor doesn't require big effort. Salmon is coated in a bold brown sugar espresso rub that caramelizes beautifully in the oven, then served over roasted sweet potatoes with bright lemon scallion aioli. Paired with crisp pickled vegetables, it's deeply flavorful and comes together with just five minutes of hands-on cooking..

20 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Baking Sheet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Salmon

Brown Sugar Espresso Rub

Sweet Potatoes

Lemon Scallion Aioli

Pickled Veggies

Good to Know

If you ordered the **Carb Conscious version**, we sent you broccoli instead of sweet potatoes, reducing the **carbs per serving to 36g**. Toss the broccoli with olive oil, salt and pepper in step 3 and use in place of the sweet potatoes in step 4.

Health snapshot per serving – 500 Calories, 23g Fat, 51g Carbs, 21g Protein, and 14 Freestyle Points.

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

INGREDIENTS: Salmon, Sweet Potatoes, Green Beans, Red Onion, Apple Cider Vinegar, Mayonnaise, Green Onion, Sugar, Espresso Seasoning, Brown Sugar, Cream, Lemon, Kosher Salt, Black Pepper.

meez meals

1. Get Organized

Preheat the oven to 425. Lay down parchment paper on a large baking sheet (or if you don't have parchment paper, brush or spray the sheet with oil).

2. Prepare the Salmon

Pat dry each of the **Salmon** filets. Spread the **Brown Sugar Espresso Rub** on a large plate. Cover each of the salmon filets on all sides with the rub. Let sit for one minute then coat again. Press in seasoning to make sure each filet is completely coated. Place along the edge of one side of the baking sheet.

3. Cook the Salmon and Sweet Potatoes

Add the **Sweet Potatoes** to the other side of the baking sheet, toss with olive oil, salt and pepper and arrange in a single layer (taking up the rest of the room not used by the salmon). Roast the salmon and sweet potatoes until the sweet potatoes are starting to brown, about 16 to 18 minutes. Remove from the oven and transfer the sweet potatoes directly to serving plates. Let the salmon rest for 2 to 3 minutes.

4. Put It All Together

Top the sweet potatoes with the salmon and drizzle with the **Lemon Scallion Aioli**. Serve alongside the **Pickled Veggies** and enjoy!

Using oil on the baking sheet is fine but be sure to clean it immediately so Brown Sugar Espresso rub isn't too hard to clean later.

Instructions for two servings.

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