

# 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.

**SCAN QR CODE  
to view YouTube  
cooking video**



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**