



LOW CARB

LOW CALORIE

Mustard-Glazed Salmon

with Summer Corn, Peas & Tomatoes



20-30min



4 Servings

Who doesn't love a restaurant-style dish made easily at home—and in under 30 minutes! Salmon is a quick-cooking fish that holds its own when paired with bold flavors. For this dish, the salmon is coated in tangy whole grain mustard and baked until flaky and tender. And better still, on top of being delicious, it's also full of heart-healthy omega-3's and it's packed with protein.

What we send

- ears of corn
- shallot
- fresh dill
- skin-on salmon fillets ⁴
- sugar snap peas
- tomatoes on the vine
- whole grain mustard

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar
- sugar

Tools

- nonstick skillet

Allergens

Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 460kcal, Fat 21g, Carbs 37g, Proteins 35g



1. Make mustard glaze

Preheat oven to 425°F with rack in the center position. Peel and finely chop **2 tablespoons shallot**, then thinly slice $\frac{1}{4}$ cup of the remaining shallot. In a small bowl, combine chopped shallots, **mustard**, **1½ teaspoons each vinegar and sugar**, and **a generous pinch each salt and pepper**.



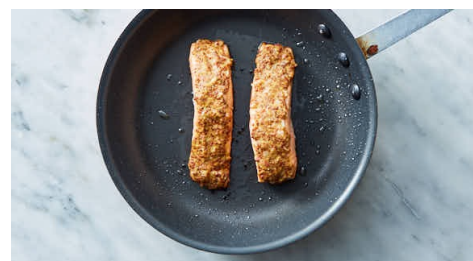
4. Cook corn & snap peas

Heat **1 tablespoon oil** in a large nonstick ovenproof skillet (or cast-iron skillet) over medium-high. Add **corn, snap peas**, and **sliced shallots**; season with **salt and pepper**. Cook, stirring, until corn and snap peas are crisp-tender, 2-3 minutes. Transfer to a medium bowl and wipe out skillet.



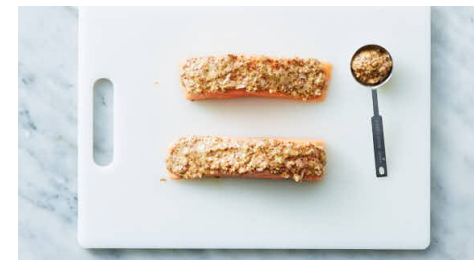
2. Prep ingredients

Shuck **corn**, removing any strings, then cut kernels from cobs. Trim and discard ends from **snap peas**, then thinly slice on an angle. Cut **tomatoes** into $\frac{1}{2}$ -inch pieces. Coarsely chop **dill**, discarding thick stems.



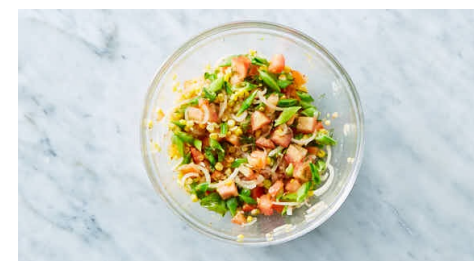
5. Cook salmon

Heat **1 tablespoon oil** in same skillet over medium-high. Swirl to coat skillet. Add **salmon**, skin-side down, and cook until skin is lightly browned and crisp, about 3 minutes. Transfer skillet to oven and roast on center oven rack until salmon is just cooked through, about 3 minutes more.



3. Prep salmon

Pat **salmon** dry and place skin-side down on a cutting board. Spread all but **1 tablespoon of the mustard glaze** (reserve for step 6) on top only, in an even layer.



6. Finish & serve

Meanwhile, to **corn and snap peas**, stir in **chopped dill, reserved mustard glaze, 1 tablespoon vinegar, 2 tablespoons oil**, and **chopped tomatoes**. Season to taste with **salt and pepper**. Serve **salmon** with **veggies** alongside. Enjoy!