



Product Spotlight: Oranges

You can use any leftover orange peel to remove grease and oil spots or to make orange tea.



Orange Honey Salmon with Roast Veg

Pecan-crusted salmon fillets, oven-baked in a vibrant orange, honey and mustard sauce, served with caramelised roasted vegetables.

30 minutes
 4/6 servings
 Fish

Bulk it up!

Want to bulk up this meal? Add pumpkin, potatoes, sweet potato, or any root veg of choice to the oven tray. You can also add fresh salad leaves to your plate to serve.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	35g	30g

FROM YOUR BOX

	4 PERSON	6 PERSON
PARSNIPS	2	3
DUTCH CARROTS	1 bunch	2 bunches
BRUSSEL SPROUTS	400g	400g + 200g
ORANGE	1	2
GINGER	1 piece	2 pieces
BAVARIAN MUSTARD	1 jar	2 jars
HONEY SHOTS	2	3
PECANS	40g	2x 40g
SALMON FILLETS	2 packets	3 packets
PARSLEY	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

oven tray, oven dish

NOTES

Add a splash of soy sauce or tamari to the sauce for a deeper savoury balance.



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1. ROAST THE VEGGIES

Set oven to 220°C.

Trim and scrub **carrots**, and chop **parsnips**. Toss on a lined oven tray with **oil**, **2 tsp smoked paprika**, **salt and pepper**. Roast for 15 minutes (see notes).

6P – add 1 tbsp smoked paprika.



4. BAKE THE SALMON

Finely chop **pecans**. Pat **salmon** dry and add to an oven dish. Drizzle **oil** and season well with **salt and pepper**. Pour **sauce** over **salmon** and press **pecans** into the **salmon**. Bake for 10–12 minutes or until cooked to your liking.



2. MAKE THE SAUCE

Peel and grate **ginger** to yield 1 1/2 tsp. Add to a bowl along with **orange zest** and **juice**, **mustard** and **honey**. Mix to combine.

6P – grate ginger to yield 2 tsp, add zest and juice from both oranges.



5. FINISH AND SERVE

Finely chop **parsley** (including tender stems).

Divide **roasted vegetables** and **salmon** among shallow bowls. Spoon over extra **sauce** and garnish with **parsley**.



3. ADD BRUSSEL SPROUTS

Halve **Brussels sprouts**. Remove **vegetables** from oven. Add **brussel sprouts**, toss to coat in **oil** (add extra oil as needed). Roast for a further 6–8 minutes until **sprouts** are slightly browned and all **vegetables** are tender.

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