Dijon Crusted Salmon with Miso-Brussels Sprouts

Everything is better with a crispy coating, especially salmon. Served with miso-mustard glazed brussels, it's a tasty dinner that's just ten minutes hands on.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT
- 2 Large Baking Sheets

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Salmon
- Dijon Aioli
- Panko & Herbs
- Brussels Sprouts
- Miso Mustard Vinaigrette

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 – 830 Calories, 45g Protein, 58g Fat, 39g Carbs, 19 Freestyle Points

Lightened-Up Health snapshot per serving - 650 Calories, 42g Fat, 31g Carbs, 13 Freestyle Points using 1/3 of the panko, Dijon Aioli and Miso Mustard Vinaigrette.

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, Olive Oil, Mayonnaise, Panko, Green Onion, Rice Wine Vinegar, Dijon Mustard, Miso, Tamari, Lemon Juice, Garlic, Whole Grain Mustard, Black Pepper, Tarragon

meez meals

1. **Get Organized**
   Preheat the oven to 400. Spray or brush two baking sheets with oil.

2. **Prepare and Cook the Salmon**
   Spread the ***Panko Breading*** on a large plate.

   Coat the top side of the ***Salmon*** with a thick layer of the ***Dijon Aioli*** (in a hard plastic tub) at least ¼" thick. Put each piece of salmon onto the breading, Dijon aioli side down. Press down to make sure the breading adheres then repeat on the other, non-coated side. Place onto a baking sheet, panko side up.

   Bake the salmon until the panko breading is golden brown, about 18 to 20 minutes, then remove from the oven and allow to rest for at least 5 minutes.

3. **Roast the Brussels Sprouts**
   While the salmon is baking, arrange the ***Brussels Sprouts*** on the second prepared baking sheet. Drizzle with olive oil salt and pepper toss and arrange in a single layer. Bake until they are crispy and brown, about 20 minutes.

4. **Putting It All Together**
   Serve the salmon with the brussels sprouts on the side. Drizzle the entire dish with the ***Miso Mustard Vinaigrette*** (in a bag and contains green onions.) Enjoy!