

Maple and Mustard Glazed Salmon

With Quinoa Grain Medley

OUR BEVERAGE RECOMMENDATION

We recommend a crisp and refreshing white wine like a medium bodied Chardonnay or Sauvignon Blanc. Their bright acidity and citrus notes will balance the rich, sweet-savory flavors of the glaze while complementing the salmon's natural richness. Look for a Chardonnay with a slight touch of oak for a buttery texture, or a Sauvignon Blanc for a zesty, herbaceous pairing.



Maple and Mustard Glazed Salmon with Quinoa

Nutrition Facts

2 Servings Per Container

Serving Size 449g

Calories Per Serving **870**

Amount Per Serving	% Daily Value *	Amount Per Serving	% Daily Value *
Total Fat 63g	81%	Total Carbohydrates 42g	15%
Saturated Fat 14g	68%	Dietary Fiber 8g	30%
Trans Fat 0g		Total Sugars 4g	
Cholesterol 110mg	36%	Includes 0g Added Sugars	0%
Sodium 3310mg	140%	Protein 40g	

Vitamin D 0mcg 0% . Calcium 110mg 8 . Iron 6.3mg 35 . Potassium 1400mg 30

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Wild Salmon, Quinoa, Brussels sprouts, Extra Virgin Olive Oil, Unsalted Butter, Pine nuts, Kosher Salt, Dijon Mustard, Shallots, Parsley, Black Pepper, Mustard Seed, Soy Sauce, Dill weed, Maple Syrup

Contains: Salmon, Milk, Pine nut, Mustard, Soy

MeezBox Foods

1946 Campus Drive

Hyde Park, NY 12538

www.meezboxfoods.com

Chef's Lesson: Quinoa

Quinoa, a superfood renowned for its culinary versatility, offers a delightful culinary experience. With a nutty flavor and a delicate, slightly crunchy texture, it complements a wide range of dishes. This ancient grain is a protein powerhouse, providing essential amino acids and a gluten-free alternative to traditional grains. Quinoa's adaptability shines in salads, pilafs, and as a side dish, elevating every bite with its unique taste and nutritional benefits. Whether you're seeking a health-conscious option or a delightful addition to your menu, quinoa's wholesome goodness and culinary potential make it a cherished ingredient for those who savor both flavor and nutrition.

WHAT'S INCLUDED

Salmon Fillets
Maple and Mustard Glaze
Quinoa
Herb and Olive Oil mixture
Toasted Pine Nuts
Butter
Halved Brussels Sprouts
Minced Shallot

WHAT ELSE YOU NEED

Small sauce pan with tight fitting lid
Small baking tray
Small skillet or cast iron pan

INSTRUCTIONS



STEP 1

Pre-heat oven to 400 °F. Line Sheet pan with aluminum foil. Drizzle the pan with olive oil. Add salmon fillets and season with salt & pepper. Brush with Mustard-Maple Glaze. Bake for 15 minutes or until internal temperature reaches 135°F.



STEP 3

In a small sauce pot or microwave safe dish, re-heat the quinoa mixture. Season to taste with salt & pepper.



STEP 2

Heat sauté pan with 2 tablespoons of olive oil. When oil is hot, add minced shallots & brussels sprouts. Sauté until brown and heated through. Finish with butter. Season with salt and pepper. Set aside.



STEP 4

Plate the quinoa & brussels sprouts and top with cooked salmon. Drizzle with herbed olive oil and toasted pine nuts. Enjoy!

