



Everything Salmon Sheet Pan Dinner

Jacob · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

Delicate salmon with a crunchy topping is paired with tender potatoes and broccoli drizzled with a sweet and spicy mustard glaze in this simple 30minute sheet pan dinner The whole family will love the indulgent taste of this nutritious meal

Ingredients

- - cooking spray - 2 medium sweet potatoes
- sliced into 1/4-inch wedges - 1 tablespoon olive oil - ½ teaspoon kosher salt
- divided - ¼ teaspoon ground black pepper
- divided - ¼ cup Dijon mustard - 2 tablespoons honey - ¼ teaspoon cayenne pepper - 5 cups broccoli florets
- 4 (5 ounce) salmon fillets - 2 tablespoons everything bagel seasoning - 2 teaspoons soy sauce

Instructions

1. Preheat the oven to 425 degrees F (220 degrees C). Line a large
2. rimmed baking sheet with foil and coat lightly with cooking spray. Toss sweet potatoes with 2 teaspoons oil
3. 1/4 teaspoon salt
4. and 1/8 teaspoon pepper in medium bowl. Place on one half of the prepared baking sheet. Bake in the preheated oven for 5 minutes. While the potatoes are cooking
5. stir together Dijon
6. honey
7. and cayenne in a small bowl. Toss broccoli with remaining oil
8. salt
9. and pepper in a separate bowl. Remove potatoes from the oven. Add salmon to the other half of the baking sheet. Place 2 teaspoons of the mustard mixture on each salmon filet; brush evenly to coat
10. then sprinkle evenly with bagel seasoning. Add broccoli to the sweet potatoes. Return to the oven and bake until salmon flakes easily with a fork and the veggies are golden
11. about 12 minutes. Stir soy sauce into the remaining mustard mixture and drizzle over veggies. Allrecipes Editor's Note: Please note differences in ingredient amounts and total time when following the magazine version of this recipe.