



MISO MAPLE-GLAZED SALMON

with Toasted Sesame Rice & Sweet Potato Jumble

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Jasmine Rice



1 TBSP | 2 TBSP
Sesame Seeds
Contains: Sesame



1 | 2
Sweet Potato



1 | 2
Zucchini



1 | 2
Bell Pepper*



1 | 2
Red Onion



10 oz | 20 oz
Salmon
Contains: Fish



1 | 2
Miso Sauce Concentrate
Contains: Soy



2 TBSP | 4 TBSP
Maple Syrup



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.

HELLO

MISO SAUCE CONCENTRATE

Adds an irresistible salty savoriness to
a maple glaze for salmon



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 890



FIL-LET IT BE

We understand if you've had an incident (or two) involving fish skin, scraping, and your pan. The key to a clean release? Leave the fillets alone! Once the skin crisps up, the fish will separate from the pan on its own and be ready to flip.

BUST OUT

- Peeler
- Baking sheet
- Small pot
- Paper towels
- Small pan
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to middle position and preheat oven to 425 degrees (**middle and top positions for 4 servings**). **Wash and dry produce.**
- Peel and slice **sweet potato** into ½-inch-thick rounds. Trim and halve **zucchini** lengthwise; thinly slice crosswise into half-moons. Core, deseed, and dice **bell pepper** into ½-inch pieces. Halve, peel, and cut **onion** into ½-inch-thick wedges.



2 COOK RICE

- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



3 TOAST & ROAST

- Heat a small, dry pan over medium heat. Add **sesame seeds** and cook, stirring occasionally, until golden and fragrant, 1-2 minutes. Transfer to a small bowl.
- Toss **sweet potato, zucchini, bell pepper**, and **onion** on a baking sheet with a **drizzle of oil (for 4 servings, use 2 baking sheets; roast on top and middle racks)**. Season generously with **salt** and **pepper**.
- Roast on middle rack, tossing halfway through, until browned and tender, 25-30 minutes.



4 COOK FISH

- Pat **salmon*** dry with paper towels and season generously all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add salmon to pan, skin sides down. Cook until skin is crisp and fish is almost cooked through, 5-7 minutes.
- Flip and cook until opaque and cooked through, 1-2 minutes more.
- Remove from pan and set aside.



5 MAKE GLAZE

- Heat same pan over medium-high heat. Add **stock concentrate**, **maple syrup**, **¼ cup water (½ cup for 4 servings)**, and a **pinch of salt**. Simmer until slightly thickened, 2-3 minutes.
- Turn off heat. Stir in **1 TBSP butter (2 TBSP for 4)** until melted.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)** and **half the sesame seeds**. Season with **salt** and **pepper** to taste.
- Divide **sweet potato jumble**, rice, and **salmon** between plates. Garnish rice with remaining sesame seeds. Spoon **glaze** over salmon; drizzle any remaining over jumble and serve.

*Salmon is fully cooked when internal temperature reaches 145°.