



MISO MAPLE-GLAZED SALMON

with Sweet Potato Jumble

INGREDIENTS

2 PERSON | 4 PERSON



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
OR GIVE US A CALL AT (646) 846-3663.



*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: 620



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
- Paper towels
- Baking sheet
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



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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.



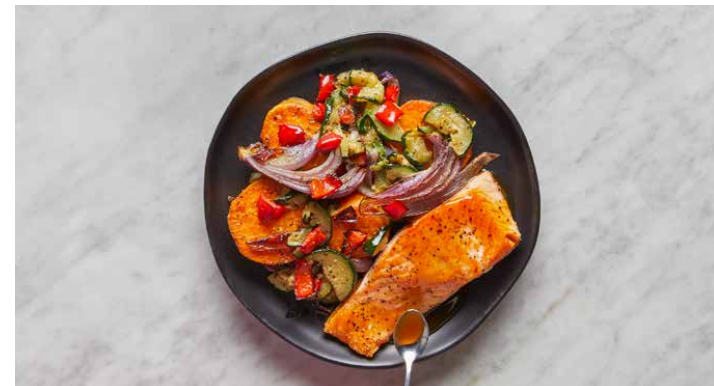
3 COOK FISH

- Meanwhile, 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.
- Turn off heat; transfer to a plate. Reserve pan.



2 ROAST VEGGIES

- 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 FINISH & SERVE

- Heat same pan over medium-high heat. Add **miso sauce 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.
- Divide **sweet potato jumble** and **salmon** between plates. Spoon **glaze** over salmon; drizzle any remaining glaze over sweet potato jumble and serve.

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