



Soy-Maple Glazed Salmon

with Green Beans and Sweet Potato Mash

FAMILY 35 Minutes



Salmon Fillets, skinless



Soy Sauce



Maple Syrup



Sweet Potato



Green Beans



Chives



Sour Cream

HELLO SOY-MAPLE GLAZE

The secret to this restaurant-style dish!

Start Strong

Before starting, wash and dry all produce.

Bust Out

Measuring Cups, Potato Masher, Large Pot, Strainer, Peeler, Large Non-Stick Pan, Paper Towels, Measuring Spoons

Ingredients

	4 Person
Salmon Fillets, skinless	566 g
Soy Sauce	¼ cup
Maple Syrup	¼ cup
Sweet Potato	680 g
Green Beans	340 g
Chives	7 g
Sour Cream	6 tbsp
Unsalted Butter*	3 tbsp
Oil*	
Salt and Pepper*	

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. COOK SWEET POTATOES

Peel, then cut **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes**, **1 tsp salt** and enough **water** to cover in a large pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, stirring occasionally, until fork-tender, 10-12 min.



2. PREP

While **sweet potatoes** cook, thinly slice **chives**. Trim **beans**. Pat **salmon** dry with paper towels, then season both sides with **salt** and **pepper**.



3. COOK BEANS

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter**, **1 tbsp oil**, then **beans** and **2 tbsp water**. Cook, stirring occasionally, until **beans** are tender, 4-5 min. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



4. COOK SALMON & MAKE GLAZE

Add **½ tbsp oil**, then **salmon** to the same pan. Pan-fry, until golden-brown and cooked through, 2-3 min per side.** Transfer to the plate with **beans** and cover to keep warm. Add **soy sauce**, **maple syrup** and **¼ cup water** to the same pan. Stir together, until slightly thickened, 3-4 min.



5. MASH SWEET POTATOES

When **sweet potatoes** are done, drain and return **potatoes** to the same pot, off heat. Using a masher, mash in the **sour cream** and **2 tbsp butter** until smooth. Season with **salt** and **pepper**.



6. FINISH AND SERVE

Toss **beans** with **half the chives**. Divide **beans**, **mashed sweet potatoes** and **salmon** between plates. Drizzle **soy-maple glaze** over **salmon**. Sprinkle over **remaining chives**.

Dinner Solved!