



# Brown Sugar-Glazed Salmon

## with Garlic Rice and Sugar Snap Peas

Family Friendly 40 - 50 Minutes



Salmon Fillets, skin-on  
500 g | 1000 g

Customized Protein + Add Swap or \*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Salmon Fillets, skin-on  
250 g | 500 g



Basmati Rice  
¾ cup | 1 ½ cup



Sugar Snap Peas  
113 g | 227 g



Green Onion  
2 | 4



Brown Sugar  
1 tbsp | 2 tbsp



Hoisin Sauce  
4 tbsp | 8 tbsp



Garlic Salt  
1 tsp | 2 tsp



Vegetable Broth Concentrate  
1 | 2



Soy Sauce  
½ tbsp | 1 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Pantry items | Pepper, oil, salt

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, silicone brush, small pot

1



### Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water**, **broth concentrate** and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.

4



### Cook snap peas

- Heat a large non-stick pan over medium heat.
- When hot, add **snap peas** and **¼ cup** (½ cup) **water**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **snap peas** are tender-crisp and liquid is absorbed, 4-5 min.
- Remove from heat, then cover to keep warm.

2



### Roast salmon

\*2 Double | Salmon Fillets

- Meanwhile, pat **salmon** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- Arrange **salmon** on a parchment-lined baking sheet, skin-side down. Brush **½ tbsp** (1 tbsp) **oil** over top.
- Roast **salmon** in the **middle** of the oven until cooked through, 10-12 min.\*\*

5



### Make sauce

- Meanwhile, combine **hoisin sauce**, **brown sugar** and **soy sauce** in a small pot over low heat. (**TIP:** You can warm sauce in a microwave-safe bowl instead.) Season with **pepper**, then stir to combine. Cook, stirring occasionally, until warmed through, 1 min.

3



### Prep

- Meanwhile, trim **snap peas**.
- Thinly slice **green onions**.

6



### Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice**, **salmon** and **snap peas** between plates.
- Drizzle **sauce** over top **salmon**.
- Sprinkle **remaining green onions** over top.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Roast salmon

\*2 Double | Salmon Fillets

If you've opted for **double salmon**, cook it in the same way the recipe instructs you to cook the **regular portion of salmon**.\*\*

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