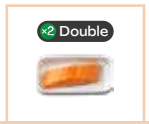




Brown Sugar-Glazed Salmon

with Garlic Rice and Sugar Snap Peas

40 Minutes



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
500 g | 1000 g



Salmon Fillets, skin-on
250 g | 500 g



Basmati Rice
¼ cup | 1 ½ cups



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, skin-on**

- 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 of **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, skin-on**

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