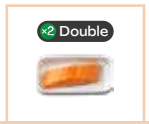




Brown Sugar-Glazed Salmon

with Garlic Rice and Sugar Snap Peas

40 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

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PACE/BNQ Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

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.

Contact Call us (855) 272-7002 | Visit us [HelloFresh.ca](https://www.hellofresh.ca) | Follow us @HelloFreshCA

Ingredient quantities 56 g | 113 g
2 person 4 person

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 **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**.

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