



# Miso-Honey Glazed Salmon

## with Sesame Rice and Sautéed Veggies

Family Friendly 25-35 Minutes



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Salmon Fillets,  
skin-on



Double Salmon Fillets,  
skin on



Garlic Salt



Honey



Soy Sauce



Sesame Seeds



Basmati Rice



Shanghai Bok Choy



Green Onion



Sweet Bell Pepper



Miso Broth  
Concentrate

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO SESAME SEEDS

*These little seeds explode with flavour when toasted!*

## Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Baking sheet, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon Fillets, skin-on	500 g	1000 g
Garlic Salt	1 tsp	2 tsp
Honey	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	1	2
Green Onion	1	2
Sweet Bell Pepper	1	2
Miso Broth Concentrate	1	2
Unsalted Butter*	2 tbsp	4 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 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.



### Cook rice

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



### Toast sesame seeds

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 2 min. (**TIP:** Keep your eye on sesame seeds so they don't burn!)
- Transfer to a plate.



### Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Separate **bok choy leaves**, then cut into 1-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt!)
- Thinly slice **green onion**.
- Combine **honey**, **miso concentrate**, **half the soy sauce** and **1 tsp** (2 tsp) **oil** in a small bowl.



### Cook veggies

- Return the same pan to medium-high.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **peppers**. Cook, stirring occasionally, until softened slightly, 1-2 min.
- Add **bok choy**. Cook, stirring occasionally, until tender-crisp, 2-3 min.
- Add **half the green onions**, **remaining garlic salt**, **remaining soy sauce**, **remaining miso mixture** and **2 tbsp** (3 tbsp) **water**. Season with **salt** and **pepper**, to taste.
- Cook, stirring often, until fragrant and **veggies** are tender, 30 sec-1 min.



### Roast salmon

- Pat **salmon** dry with paper towels. Season with **pepper** and **half the remaining garlic salt**.
- Arrange **salmon** on a parchment-lined baking sheet, skin-side down.
- Roast in the **top** of the oven until partly cooked, 4-5 min. Carefully remove the baking sheet from the oven.
- Spread **half the miso mixture** over **tops of salmon**. Continue roasting until cooked through, 4-5 min.\*\*

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



### Finish and serve

- Add **half the sesame seeds**, **remaining green onions** and **1 tbsp** (2 tbsp) **butter** to the pot with **rice**, then fluff **rice** with a fork until **butter** melts.
- Carefully remove and discard salmon skin, if desired.
- Divide **sesame rice** between plates. Top with **sautéed veggies**, then **salmon**.
- Sprinkle **remaining sesame seeds** over top.

Dinner Solved!



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