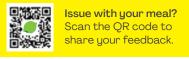
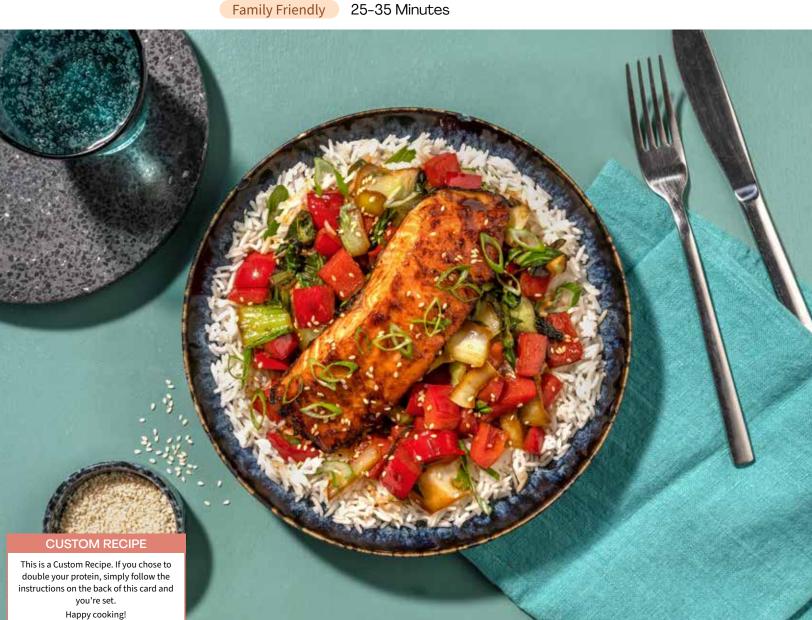


Miso-Honey Glazed Salmon

with Sesame Rice and Sautéed Veggies







Salmon Fillets,











Basmati Rice



Green Onion





Concentrate









Shanghai Bok Choy



Sweet Bell Pepper



Start here

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

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

Bust out

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

Ingredients

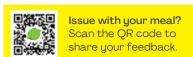
	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon Fillets, skin-on	500 g	1000 g
Garlic Salt	1 tsp	2 tsp
Honey	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	1	2
Green Onion	1	2
Sweet Bell Pepper	1	2
Miso Broth Concentrate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



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.



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**.



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.



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.



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!