



Soy-Maple Glazed Salmon

with Sugar Snap Peas and Sweet Potato Mash

20-min



Salmon Fillets,
skin-on



Soy Sauce



Maple Syrup



Sweet Potato



Chives



Sugar Snap Peas



Sour Cream

HELLO SOY-MAPLE GLAZE

The secret to this restaurant-style dish!

Start here

Before starting, wash and dry all produce.

Bust out

Vegetable peeler, measuring spoons, potato masher, strainer, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Soy Sauce	2 tbsp	4 tbsp
Maple Syrup	2 tbsp	4 tbsp
Sweet Potato	340 g	680 g
Chives	7 g	7 g
Sugar Snap Peas	227 g	454 g
Sour Cream	3 tbsp	6 tbsp
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.

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Cook sweet potatoes

Peel, then cut **sweet potatoes** into ½-inch pieces. Add **sweet potatoes, 1 tsp salt** and **enough water** to cover (by approx. 1-2 inches) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered, stirring occasionally, until fork-tender, 10-12 min.



Cook salmon and make glaze

Add ½ **tbsp oil** (dbl for 4 ppl), then **salmon**, skin-side down, to the same pan. Pan-fry until **skin** is golden-brown and crispy, 2-3 min. Flip **salmon**. Continue cooking until cooked through, 2-3 min.** Transfer **salmon** to the plate with **snap peas** and cover to keep warm. Add **soy sauce, maple syrup** and **2 tbsp water** (dbl for 4 ppl) to the same pan. Cook, stirring often, until **glaze** thickens slightly, 3-4 min.



Prep

While **sweet potatoes** cook, thinly slice **chives**. Trim **snap peas**. Pat **salmon** dry with paper towels, then season both sides with **salt and pepper**.



Mash potatoes

When **sweet potatoes** are fork-tender, drain and return them to the same pot, off heat. Mash **sour cream, half the chives** and **1 tbsp butter** (dbl for 4 ppl) into **sweet potatoes** until smooth. Season with **salt and pepper**.



Cook snap peas

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **snap peas**. Cook, stirring occasionally, until **snap peas** are tender, 3-5 min. Season with **salt and pepper**. Transfer **snap peas** to a plate and cover to keep warm.



Finish and serve

Remove salmon skin, if desired. Divide **snap peas, sweet potato mash** and **salmon** between plates. Drizzle **soy-maple glaze** over **salmon**. Sprinkle **remaining chives** over top.

Dinner Solved!