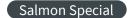


HELLO Soy-Maple Glazed Salmon with Sugar Span Boas and Sweet Botate Mas

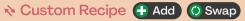
with Sugar Snap Peas and Sweet Potato Mash



20 Minutes



Double Salmon Fillets, skin-on 500 g | 1000 g





If you chose to double 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 @









250 g | 500 g





Maple Syrup



2 tbsp | 4 tbsp



7g | 7g



Sugar Snap Peas 227 g | 454 g



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



Cook sweet potatoes

- · Before starting, wash and dry all produce.
- 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.



Prep

😡 Double | Salmon Fillets, skin-on

- Meanwhile, thinly slice chives. Trim snap peas.
- Pat **salmon** dry with paper towels, then season both sides with **salt** and **pepper**.



Cook snap peas

- Heat a large non-stick pan over medium-high heat.
- When hot, add 1 tbsp (2 tbsp) butter, 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, then cover to keep warm.



Cook salmon and make glaze

- Add ½ tbsp (1 tbsp) oil, then salmon, skinside 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 to the plate with **snap peas**, then cover to keep warm.
- Add soy sauce, maple syrup and 2 tbsp (4 tbsp) water to the same pan.
- Cook, stirring often, until **glaze** thickens slightly, 3-4 min.



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 (2 tbsp) butter into sweet potatoes until smooth.
- Season with **salt** and **pepper**, to taste.



Finish and serve

- Remove and discard 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.

Measurements within steps

1 tbsp (2 tbsp)

p) oil

2 | Prep

🔽 Double | Salmon Fillets, skin-on

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**.