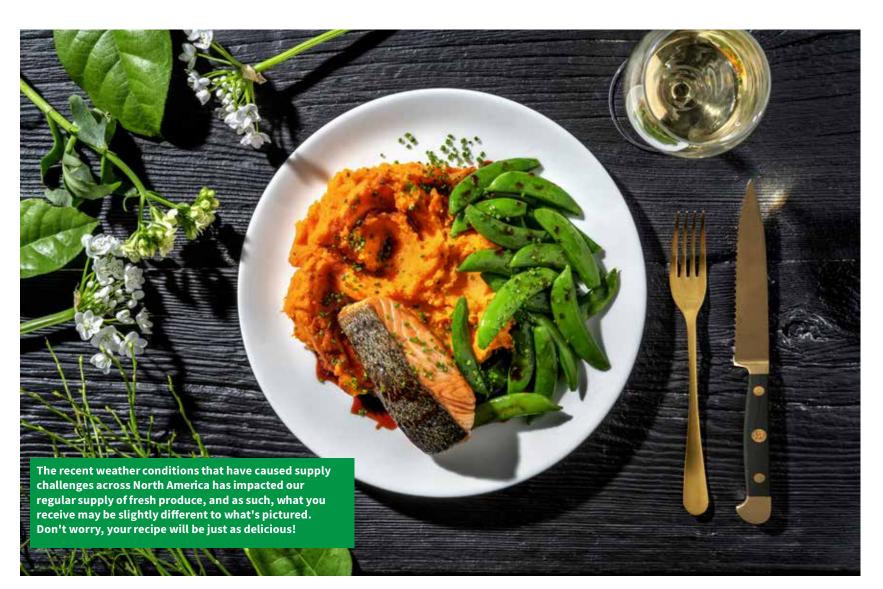


HELLO Soy-Maple Glazed Salmon FRESH with Sugar Span Boas and Sweet Betate Mas

with Sugar Snap Peas and Sweet Potato Mash

Top-Rated Special

20 Minutes





Salmon Fillets,



250 g | 500 g



2 tbsp | 4 tbsp



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

O Sub | Broccoli

- 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 1/2 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)

oil

2 | Prep

Sub | Broccoli

If you've received **broccoli**, cut into bitesized pieces. Continue to follow the recipe as instructed, subbing **broccoli** in for **snap peas.** Then, increase pan-fry cook time to 5-6 min to ensure a tender-crisp bite.

