










Soy-Maple Glazed Salmon

with Sugar Snap Peas and Sweet Potato Mash

Top-Rated Special 20 Minutes



The recent weather conditions that have caused supply challenges across North America has impacted our regular supply of fresh produce, and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

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.*

Ingredient quantities	56g	113g
	2 person	4 person

Pantry items | Unsalted butter*, oil*, pepper*, salt*

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

1



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.

2



Prep

🕒 Sub | Broccoli

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

3



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.

4



Cook salmon and make glaze

- Add **½ tbsp** (1 tbsp) **oil**, 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 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.

5



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.

6



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 person 4 person Ingredient

2 | Prep

🕒 Sub | Broccoli

If you've received **broccoli**, cut into bite-sized 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.

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.