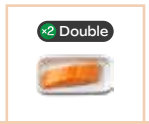




Brown Sugar-Glazed Salmon

with Garlic Rice and Sugar Snap Peas

45 Minutes



Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter 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](http://hellofresh.ca)

Salmon Fillets, skin-on
500 g | 1000 g



Salmon Fillets, skin-on
250 g | 500 g



Basmati Rice
¾ cup | 1 ½ cups



Sugar Snap Peas
113 g | 227 g



Green Onion
2 | 4



Brown Sugar
1 tbsp | 2 tbsp



Hoisin Sauce
4 tbsp | 8 tbsp



Garlic Salt
4 g | 8 g



Vegetable Broth Concentrate
1 | 2



Soy Sauce
½ tbsp | 1 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.*

Pantry items | Pepper, oil, salt

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, silicone brush, small pot

1



Cook rice

- Before starting, preheat the oven to 450°F. Wash and dry all produce.
- To a medium pot, add **1 ¼ cups** (2 ½ cups) **water, broth concentrate** and **half the garlic salt**. Cover and bring to a boil over high.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook 12-14 min, until **rice** is tender and liquid is absorbed.
- Remove the pot from heat. Set aside, still covered.

2



Roast salmon

*2 Double | Salmon Fillets, skin-on

- Meanwhile, pat **salmon** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- On a parchment-lined baking sheet, arrange **salmon** skin-side down. Brush **½ tbsp** (1 tbsp) **oil** over top.
- Roast **salmon** in the **middle** of the oven 10-12 min, until cooked through.**

3



Prep

- Meanwhile, trim **snap peas**.
- Thinly slice **green onions**.

4



Cook snap peas

- Heat a large non-stick pan over medium.
- When hot, add **snap peas** and **¼ cup** (½ cup) **water**. Season with **salt** and **pepper**. Cook 4-5 min, stirring occasionally, until **snap peas** are tender-crisp and liquid is absorbed.
- Remove from heat, then cover to keep warm.

5



Make sauce

- Meanwhile, in a small pot over low heat, combine **hoisin sauce, brown sugar** and **soy sauce**. (TIP: You can warm sauce in a microwave-safe bowl instead.) Season with **pepper**, then stir to combine.
- Cook 1 min, stirring occasionally, until warmed through.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice, salmon** and **snap peas** between plates.
- Drizzle **sauce** over **salmon**.
- Sprinkle **remaining green onions** over top.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Roast salmon

*2 Double | Salmon Fillets, skin-on

If you've opted for **double salmon**, cook it in the same way the recipe instructs you to cook the **regular portion of salmon**.

** Cook to a minimum internal temperature of 158°F.