

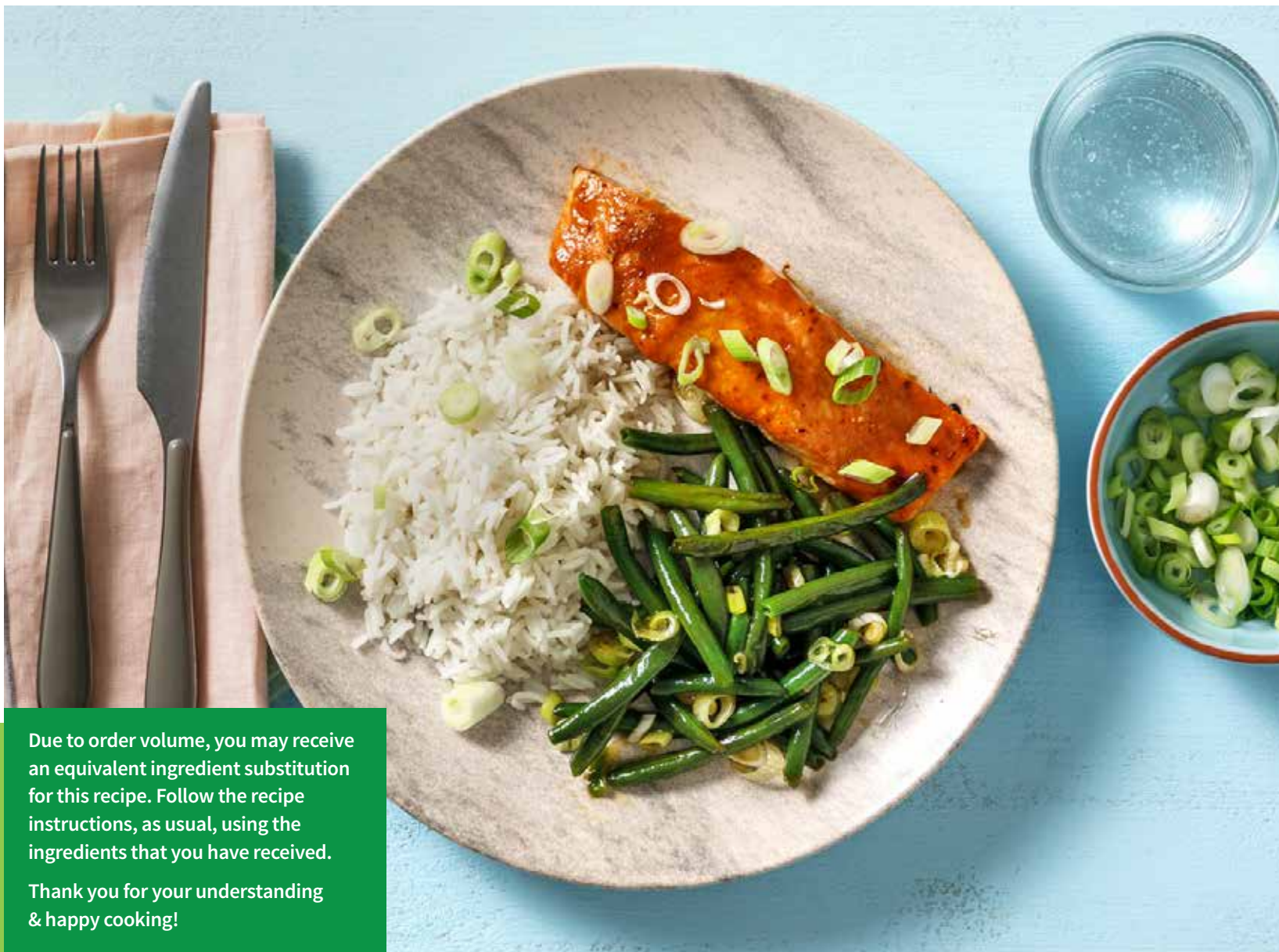


Brown Sugar-Glazed Salmon

with Garlic Rice and Teriyaki Green Beans

Family

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Salmon Fillets, skinless



Brown Sugar



Teriyaki Sauce



Basmati Rice



Green Beans



Green Onions



Garlic Salt

HELLO BROWN SUGAR

Mixed with teriyaki sauce for the perfect sticky umami-packed glaze!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking sheet, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Brown Sugar	1 tbsp	2 tbsp
Teriyaki Sauce	4 tbsp	8 tbsp
Basmati Rice	¾ cup	1 ½ cup
Green Beans	170 g	340 g
Green Onions	2	2
Garlic Salt	½ tbsp	1 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 our meal kit labels for the most current allergen 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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1



Prep

Add **1 ¼ cups water** (dbl for 4ppl) to a medium pot. Cover and bring to a boil over high heat. Trim, then halve **green beans**. Thinly slice **green onions**. Stir together **brown sugar**, **half the teriyaki sauce** and **½ tbsp oil** (dbl for 4ppl) in a small bowl.

2



Cook rice

Add **rice** and **half the garlic salt** to the pot of boiling water. Reduce heat to low. Cook, still covered, until rice is tender and **liquid** is absorbed, 12-14 min.

3



Roast salmon

Pat **salmon** dry with paper towels. Season with **remaining garlic salt** and **pepper**. Arrange on a parchment-lined baking sheet, then drizzle **brown sugar mixture** over top of **salmon**. Roast in the **middle** of the oven until cooked through, 10-12 min.**

4



Cook beans

While **salmon** roasts, heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **green beans** and **3 tbsp water** (dbl for 4ppl). Cook, stirring occasionally, until tender crisp and **liquid** is absorbed, 5-7 min. Remove pan from heat, then drizzle with **remaining teriyaki sauce** and **half the green onions**. Season with **salt** and **pepper** and toss to combine.

5



Finish & serve

Fluff **rice** with a fork. Divide **rice**, **salmon** and **green beans** between plates. Sprinkle over **remaining green onions**.

Dinner Solved!