



Brown Sugar-Glazed Salmon

with Garlic Rice and Green Beans

Family Friendly

30 Minutes



Salmon Fillets,
skin-on



Green Beans



Brown Sugar



Garlic Salt



Soy Sauce



Basmati Rice



Green Onions



Hoisin Sauce



Vegetable Broth
Concentrate

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, medium pot, parchment paper, small pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Basmati Rice	¾ cup	1 ½ cups
Green Beans	170 g	340 g
Green Onions	2	4
Brown Sugar	1 tbsp	2 tbsp
Hoisin Sauce	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Vegetable Broth Concentrate	1	2
Soy Sauce	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 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.

Contact

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Cook rice

Add **1 ¼ cups water** (dbl for 4 ppl), **broth concentrate** and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Cook green beans

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



Roast salmon

While **rice** cooks, pat **salmon** dry with paper towels. Season with **remaining garlic salt** and **pepper**. Arrange **salmon** on a parchment-lined baking sheet, skin-side down. Drizzle **½ tbsp oil** (dbl for 4 ppl) over top. Roast in the **middle** of the oven until cooked through, 10-12 min.**



Make sauce

While **green beans** cook, combine **hoisin sauce**, **brown sugar** and **soy sauce** in a small pot over low heat, or in a microwaveable bowl. Season with **pepper**, then stir to combine. Cook, stirring occasionally, until warmed through, 1 min.



Prep

While **salmon** roasts, trim, then halve **green beans**. Thinly slice **green onions**.



Finish and serve

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

Dinner Solved!