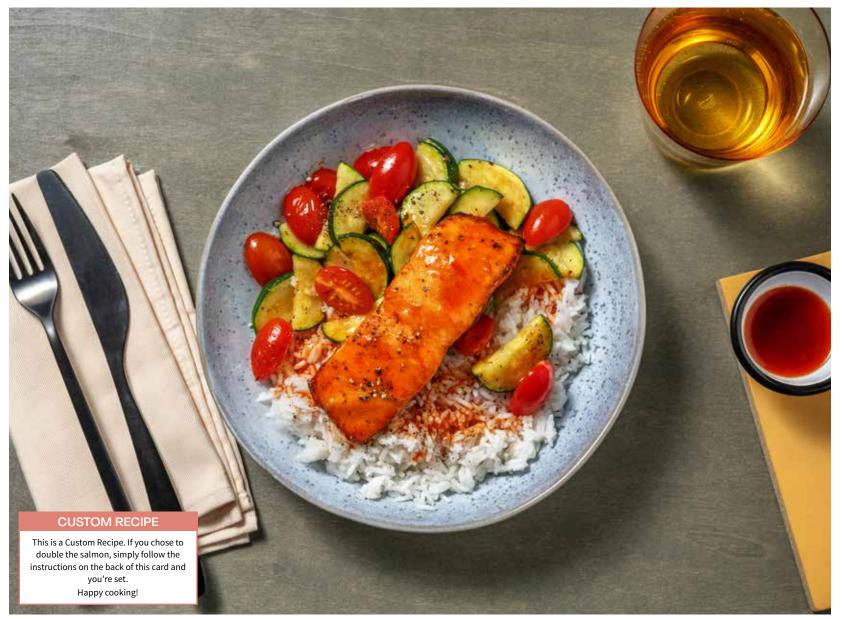


# Honey-Sriracha Roasted Salmon

with Pan-Fried Vegetables

Spicy

30 Minutes





Salmon









Zucchini



**Baby Tomatoes** 

Basmati Rice

Honey



Garlic Puree





Garlic Salt

## Start here

- Before starting, preheat the oven to 425°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

9		
	2 Person	4 Person
Salmon	250 g	500 g
Double Salmon	500 g	1000 g
Sriracha 🤳	2 tsp	4 tsp
Honey	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Baby Tomatoes	113 g	227 g
Garlic Puree	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cups
Garlic Salt	1 tsp	2 tsp
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.



#### Prep and cook rice

- Add 1 ¼ cups water and ½ tsp garlic salt (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, cut **zucchini** in half lengthwise, then into ½-inch half-moons.
- Halve tomatoes.
- Add **rice** to the **boiling water**. 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.



### Finish veggies

- Add **tomatoes** to the pan with **zucchini**. Cook, stirring occasionally, until slightly blistered, 1-2 min.
- Remove the pan from heat.
- Add garlic puree. Season with remaining garlic salt and pepper, then stir to combine.



#### Roast salmon

- Meanwhile, combine sriracha and honey in a small bowl.
- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **salmon** on a parchment-lined baking sheet, skin-side down.
- Spoon honey-sriracha sauce over top.
- Roast in the middle of the oven until salmon is cooked through, 10-12 min.\*\*

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



#### Finish and serve

- Fluff **rice** with a fork, then season with **salt** and **pepper**, to taste.
- Divide veggies and rice between plates. Top with honey-sriracha roasted salmon.
- Drizzle **any remaining sauce** from the baking sheet over **salmon**.



# Start veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min.

# Contact