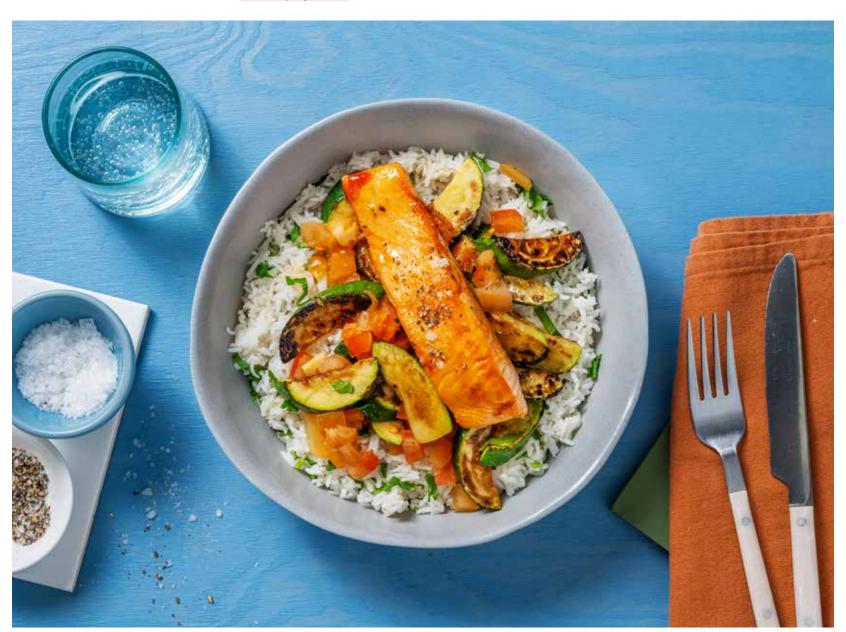


Honey-Sriracha Roasted Salmon with Pan-Fried Vegetables

Spicy

30 Minutes





Salmon Fillets,





Honey





Zucchini

Roma Tomato



Basmati Rice





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 nonstick pan, paper towels

Ingredients

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	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Sriracha 🥒	2 tsp	4 tsp
Honey	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Roma Tomato	160 g	320 g
Garlic Puree	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cups
Parsley	7 g	7 g
Garlic Salt	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

^{*} Pantry items

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.



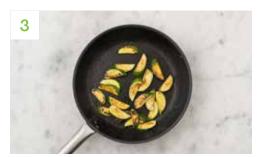
Prep and cook rice

Add 1 ¼ cups water and ¼ tsp garlic salt (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While water comes to a boil, cut zucchini in half lengthwise, then into ½-inch half-moons. Cut tomatoes into ¼-inch pieces. Roughly chop parsley. 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.



Roast salmon

While **rice** cooks, combine **sriracha** and **honey** in a small bowl. Pat **salmon** dry with paper towels, then season with **remaining garlic 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.**



Start veggies

While **salmon** roasts, 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. Add **garlic puree**. Cook, stirring often, until fragrant, 1- 2 min.



Finish veggies

Remove the pan from heat. Add **tomatoes** and **half the parsley**. Season with **salt** and **pepper**, then stir to combine.



Finish and serve

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

Dinner Solved!

Contact

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