



# MAPLE-GLAZED SALMON

with Orange-Arugula Salad and Wild Rice

MAKE  
FIRST



## HELLO WILD RICE

Nutty, wholesome, and packed  
with fibre

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 641



Salmon Fillets



Wild Rice



Navel Orange



Maple Syrup



Soy Sauce



Dijon Mustard



Balsamic Vinegar



Arugula



Almonds, Sliced



## BUST OUT

- Small Pot
- Measuring Cups
- Measuring Spoons
- 3 Small Bowls
- Medium Bowl
- Baking Sheet
- Silicon Brush
- Whisk
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Salmon Fillets **0** 1 pkg (285 g) | 2 pkg (570 g)
- Wild Rice 1 pkg (113 g) | 2 pkg (227 g)
- Navel Orange 1 | 2
- Maple Syrup 1 pkg (2 tbsp) | 2 pkg (4 tbsp)
- Soy Sauce **1,4** 1 pkg (1 tsp) | 2 pkg (2 tsp)
- Dijon Mustard **6,9** 1 pkg (1½ tsp) | 2 pkg (3 tsp)
- Balsamic Vinegar **9** ½ bottle (1 tbsp) | 1 bottle (2 tbsp)
- Arugula 1 pkg (56 g) | 2 pkg (113 g)
- Almonds, sliced **5** 1 pkg (28 g) | 2 pkg (56 g)

## ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0** Seafood/Fruit de Mer
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites

## START STRONG

Preheat the oven to **425°F** (to roast the salmon). Start prepping when the oven comes up to temperature!

**BBQ TIP:** Instead of baking, grill the fish over medium heat, skin-side down, until cooked through, 6-8 min.



### 1 COOK RICE

**Wash and dry all produce.** In a small pot, bring **1¾ cups salted water** (double for 4 people) to a boil. Add the **wild rice** to the boiling water. Reduce the heat to medium. Cover and cook until the rice is tender, 18-19 min. (Drain when the rice is cooked.)



### 4 BAKE SALMON

In a small bowl, mix the **maple syrup**, **soy sauce** and **half the mustard**. Reserve **half the maple glaze** in another small bowl. Arrange the fish, skin-side down, on a parchment-lined baking sheet. Season with **salt** and **pepper**. Brush **one bowl maple glaze** over the fish. Bake in the centre of the oven until the fish is cooked through, 11-13 min.



### 2 PREP ORANGE

Zest **¼ tsp orange zest** (double for 4 people). Cut a piece off the top and bottom ends of the **orange(s)**. Place the flat end of the orange on a cutting board, cut the peel away from the flesh from top to bottom, turning the orange as you go.



### 5 MAKE SALAD

Meanwhile, in the bowl with the **orange juice**, whisk in the **vinegar**, **remaining mustard** and a drizzle of **oil**. Season with **salt** and **pepper**. Toss in the **arugula**, **orange segments**, **almonds** and **orange zest**.



### 3 SEGMENT ORANGE

When all the peel is off, slip a paring knife along each side of the "membranes" (the white lines) of each **orange** to release the segments into a small bowl. (Use 2 oranges for 4 people.) Squeeze the leftover orange membranes over a large bowl to release the juice. (We'll use it later for the dressing!)



### 6 FINISH AND SERVE

Divide the **maple-glazed salmon** between plates. Drizzle with **remaining bowl maple glaze**. Serve the **orange-arugula salad** and **wild rice** to the side.

## OH CANADA!

Salmon, maple syrup and wild rice are all harvested across Canada.



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