



Soy-Maple Glazed Salmon

with Asparagus and Sweet Potato Mash

20-MIN



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



Soy Sauce



Maple Syrup



Sweet Potato, cubes



Chives



Asparagus



Sour Cream

HELLO SOY-MAPLE GLAZE

The secret to this restaurant-style dish!

START HERE

Before starting, wash and dry all produce.

Bust Out

Large Non-Stick Pan, Potato Masher, Large Pot, Measuring Spoons, Strainer, Paper Towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Soy Sauce	2 tbsp	4 tbsp
Maple Syrup	2 tbsp	4 tbsp
Sweet Potato, cubes	340 g	680 g
Chives	7 g	7 g
Asparagus	227 g	454 g
Sour Cream	3 tbsp	6 tbsp
Unsalted Butter*	2 tbsp	4 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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1. COOK SWEET POTATOES

Combine **sweet potatoes**, **1 tsp salt** and enough **water** to cover in a large pot (approx. 1 inch). (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, stirring occasionally, until fork-tender, 10-12 min.



4. COOK SALMON & MAKE GLAZE

Add **½ tbsp oil** (dbl for 4 ppl), then **salmon** to the same pan. Pan-fry, until golden-brown and cooked through, 2 min per side.** Transfer to the plate with **asparagus** and cover to keep warm. Add **soy sauce**, **maple syrup** and **2 tbsp water** (dbl for 4 ppl) to the same pan. Stir together, until slightly thickened, 3-4 min.



2. PREP

While **sweet potatoes** cook, thinly slice **chives**. Trim and discard the bottom 1-inch from **asparagus**. Pat **salmon** dry with paper towels, then season both sides with **salt** and **pepper**.



5. MASH POTATOES

When **sweet potatoes** are done, drain and return **potatoes** to the same pot, off heat. Using a potato masher, mash in the **sour cream** and **1 tbsp butter** (dbl for 4 ppl) until smooth. Season with **salt** and **pepper**.



3. COOK ASPARAGUS

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **asparagus**. Cook, stirring occasionally, until **asparagus** are tender, 2-3 min. (**TIP:** Don't overcrowd the pan, cook asparagus in 2 batches for 4 ppl) Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



6. FINISH AND SERVE

Toss **asparagus** with **half the chives**. Divide **asparagus**, **mashed sweet potatoes** and **salmon** between plates. Drizzle **soy-maple glaze** over **salmon**. Sprinkle over **remaining chives**.

Dinner Solved!