



Soy-Maple Glazed Salmon

with Sugar Snap Peas and Sweet Potato Mash

20-min



Salmon Fillets,
skinless



Maple Syrup



Chives



Sour Cream



Soy Sauce



Sweet Potato, cubes



Sugar Snap Peas

HELLO SOY-MAPLE GLAZE

The secret to this restaurant-style dish!

Start here

Before starting, wash and dry all produce.

Bust Out

Measuring spoons, potato masher, strainer, large pot, large non-stick pan, 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
Sugar Snap Peas	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.

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Cook sweet potatoes

Combine **sweet potatoes**, **1 tsp salt** and enough **water** to cover in a large pot (approximately 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.



Cook salmon and make glaze

Add **½ tbsp oil** (dbl for 4 ppl), then **salmon** to the same pan. Pan-fry, until golden-brown and cooked through, 2-3 min per side.** Transfer to the plate with **snap peas** 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.



Prep

While **sweet potatoes** cook, thinly slice **chives**. Trim the **snap peas**. Pat **salmon** dry with paper towels, then season both sides with **salt** and **pepper**.



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**, **half the chives** and **1 tbsp butter** (dbl for 4 ppl) until smooth. Season with **salt** and **pepper**.



Cook snap peas

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **snap peas**. Cook, stirring occasionally, until **snap peas** are tender, 2-3 min. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



Finish and serve

Divide **snap peas**, **mashed sweet potatoes** and **salmon** between plates. Drizzle **soy-maple glaze** over **salmon**. Sprinkle **remaining chives** otop.

Dinner Solved!