



Soy-Maple Glazed Salmon

with Sugar Snap Peas and Sweet Potato Mash

Discovery



Salmon Fillets,
skin-on



Soy Sauce



Maple Syrup



Sweet Potato



Chives



Sugar Snap Peas



Sour Cream

HELLO SOY-MAPLE GLAZE

The secret to this restaurant-style dish!

Start here

Before starting, wash and dry all produce.

Bust out

Vegetable peeler, measuring spoons, potato masher, strainer, large pot, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|-------------------------|----------|----------|
| Salmon Fillets, skin-on | 250 g | 500 g |
| Soy Sauce | 2 tbsp | 4 tbsp |
| Maple Syrup | 2 tbsp | 4 tbsp |
| Sweet Potato | 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 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.

Contact

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Cook sweet potatoes

- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes**, **1 tsp salt** and **enough water** to cover (by approx. 1-2 inches) to a large pot (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**, skin-side down, to the same pan. Pan-fry until **skin** is golden-brown and crispy, 2-3 min.
- Flip **salmon**. Continue cooking until cooked through, 2-3 min.**
- Transfer **salmon** to the plate with **snap peas**, then cover to keep warm.
- Add **soy sauce**, **maple syrup** and **2 tbsp water** (dbl for 4 ppl) to the same pan. Cook, stirring often, until **glaze** thickens slightly, 3-4 min.



Prep

- Meanwhile, thinly slice **chives**. Trim **snap peas**.
- Pat **salmon** dry with paper towels, then season both sides with **salt** and **pepper**.



Mash potatoes

- When **sweet potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Mash **sour cream**, **half the chives** and **1 tbsp butter** (dbl for 4 ppl) into **sweet potatoes** until smooth.
- Season with **salt** and **pepper**, to taste.



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, 3-5 min.
- Season with **salt** and **pepper**.
- Transfer **snap peas** to a plate, then cover to keep warm.



Finish and serve

- Remove and discard **salmon skin**, if desired.
- Divide **snap peas**, **sweet potato mash** and **salmon** between plates.
- Drizzle **soy-maple glaze** over **salmon**.
- Sprinkle **remaining chives** over top.

Dinner Solved!