



BROWN SUGAR BOURBON & PECAN SALMON

FAST & FRESH

Jasmine Rice & Zucchini

BOX TO PLATE: 15 MINUTES

HELLO

FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

BUST OUT

2 PERSON | 4 PERSON

- Paper towels
- Small bowl
- 2 Large pans
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Sugar (¼ tsp | ½ tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

For HelloCustom nutritional information, please refer to HelloFresh.com.



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP OR GIVE US A CALL AT (646) 846-3663.

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CALORIES: 810

1 PREP



1 | 2
Zucchini

- Wash and dry produce.
- Cut **zucchini** into half-moons.



2 SIZZLE



10 oz | 20 oz
Salmon
Contains: Fish

- Pat **salmon*** dry and season all over with **salt** and **pepper**.
 - Drizzle **oil** in a hot large pan. Cook **salmon**, skin sides down, until skin is crisp, 5-7 minutes. Flip; cook until cooked through, 1-2 minutes more.
 - Meanwhile, drizzle **oil** in a separate hot large pan. Add **zucchini**; season with **salt** and **pepper**. Cook, stirring occasionally, until lightly browned and tender, 5-7 minutes (7-10 minutes for 4).
- TIP: Move on to Step 3 while salmon and zucchini cook!**



3 ZAP



1 oz | 2 oz
Pecans
Contains: Tree Nuts



10.8 g | 21.6 g
Brown Sugar
Bourbon Seasoning

- In a small microwave-safe bowl, combine **pecans**, **Brown Sugar**, **Bourbon Seasoning**, **2 TBSP butter**, and **¼ tsp sugar** (4 TBSP butter and ½ tsp sugar for 4). Microwave until butter has melted, 30 seconds. Stir to combine.



4 SERVE



1 | 2
Microwavable
Jasmine Rice

- Massage **rice** in package to break up grains; partially open package. Microwave for 90 seconds. (**Be careful, the pouch will be hot!**)
- Spoon **brown sugar bourbon and pecan sauce** over **salmon** and serve with **zucchini** and **rice**.



*Salmon is fully cooked when internal temperature reaches 145°.