



## INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup  
Jasmine Rice



1 TBSP | 2 TBSP  
Sesame Seeds



1 | 2  
Sweet Potato



1 | 2  
Zucchini



1 | 2  
Bell Pepper\*



1 | 2  
Red Onion



10 oz | 20 oz  
Salmon  
Contains: Fish



1 | 2  
Miso Sauce  
Concentrate  
Contains: Soy



2 TBSP | 4 TBSP  
Maple Syrup

\*The ingredient you received may be a different color.

## HELLO

### MISO SAUCE CONCENTRATE

Adds an irresistible salty savoriness to a maple glaze for salmon

## MISO MAPLE-GLAZED SALMON

with Toasted Sesame Rice & Sweet Potato Jumble

PREMIUM PICKS



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 830





## FIL-LET IT BE

We understand if you've had an incident (or two) involving fish skin, scraping, and your pan. The key to a clean release? Leave the fillets alone! Once the skin crisps up, the fish will separate from the pan on its own and be ready to flip.

## BUST OUT

- Peeler
- Small pot
- Small pan
- Small bowl
- Baking sheet
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)  
Contains: Milk

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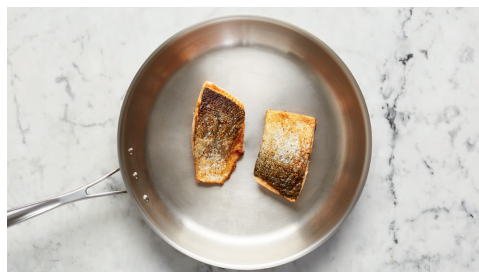
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## 1 PREP

- Adjust rack to middle position and preheat oven to 425 degrees (middle and top positions for 4 servings). Wash and dry produce.
- Peel and slice **sweet potato** into ½-inch-thick rounds. Trim and halve **zucchini** lengthwise; thinly slice crosswise into half-moons. Core, deseed, and dice **bell pepper** into ½-inch pieces. Halve, peel, and cut **onion** into ½-inch-thick wedges.



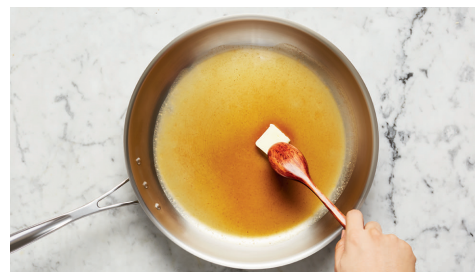
## 4 COOK FISH

- Pat **salmon\*** dry with paper towels and season generously all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add salmon to pan, skin sides down. Cook until skin is crisp and fish is almost cooked through, 5-7 minutes.
- Flip and cook until opaque and cooked through, 1-2 minutes more.
- Remove from pan and set aside.



## 2 COOK RICE

- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



## 5 MAKE GLAZE

- Heat same pan over medium-high heat. Add **stock concentrate**, **maple syrup**, **¼ cup water (½ cup for 4 servings)**, and a **pinch of salt**. Simmer until slightly thickened, 2-3 minutes.
- Turn off heat. Stir in **1 TBSP butter (2 TBSP for 4)** until melted.



## 3 TOAST & ROAST

- Heat a small, dry pan over medium heat. Add **sesame seeds** and cook, stirring occasionally, until golden and fragrant, 1-2 minutes. Transfer to a small bowl.
- Toss **sweet potato**, **zucchini**, **bell pepper**, and **onion** on a baking sheet with a **drizzle of oil (for 4 servings, use 2 baking sheets; roast on top and middle racks)**. Season generously with **salt** and **pepper**.
- Roast on middle rack, tossing halfway through, until browned and tender, 25-30 minutes.



## 6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)** and **half the sesame seeds**. Season with **salt** and **pepper** to taste.
- Divide **sweet potato jumble**, rice, and **salmon** between plates. Garnish rice with remaining sesame seeds. Spoon **glaze** over salmon; drizzle any remaining over jumble and serve.

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