



# Brown Sugar-Glazed Salmon

with Garlic Rice and Teriyaki Green Beans

Family Friendly

30 Minutes



Salmon Fillets,  
skinless



Brown Sugar



Teriyaki Sauce



Basmati Rice



Green Beans,  
trimmed



Green Onions



Garlic Salt



Garlic Puree

HELLO BROWN SUGAR

*Mixed with teriyaki sauce, it creates a sticky, umami-packed glaze!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Brown Sugar	1 tbsp	2 tbsp
Teriyaki Sauce	4 tbsp	8 tbsp
Basmati Rice	¾ cup	1½ cups
Green Beans, trimmed	170 g	340 g
Green Onions	2	2
Garlic Salt	1 tsp	2 tsp
Garlic Puree	1 tbsp	2 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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## Prep

Add **1 ¼ cups water** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, trim, then halve **green beans**. Thinly slice **green onions**. Stir together **brown sugar**, **half the teriyaki sauce** and **½ tbsp oil** (dbl for 4 ppl) in a small bowl.



## Cook beans

While **salmon** roasts, heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **green beans** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **green beans** are tender-crisp and **liquid** is absorbed, 5-7 min. Remove pan from heat, then add **remaining teriyaki sauce** and **half the green onions**. Season with **salt** and **pepper**, then toss to combine.



## Cook rice

Add **rice**, **garlic puree** and **half the garlic salt** to the pot of **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove pot from heat. Set aside, still covered.



## Finish and serve

Fluff **rice** with a fork. Divide **rice**, **salmon** and **green beans** between plates. Sprinkle **remaining green onions** over top.

## Dinner Solved!



## Roast salmon

While **rice** cooks, pat **salmon** dry with paper towels. Season with **remaining garlic salt** and **pepper**. Arrange **salmon** on a parchment-lined baking sheet, then drizzle **brown sugar mixture** over top. Roast in the **middle** of the oven until cooked through, 10-12 min.\*\*