



# Soy-Maple Glazed Salmon

## with Sugar Snap Peas and Sweet Potato Mash

Salmon Special 20 Minutes

↗ Custom Recipe + Add ↻ Swap or \*2 Double

If you chose to double your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

\*2 Double



Double Salmon Fillets, skin-on  
500 g | 1000 g



Salmon Fillets, skin-on  
250 g | 500 g



Soy Sauce  
2 tbsp | 4 tbsp



Maple Syrup  
2 tbsp | 4 tbsp



Sweet Potato  
2 | 4



Chives  
7 g | 7 g



Sugar Snap Peas  
227 g | 454 g



Sour Cream  
3 tbsp | 6 tbsp

**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.

**Pantry items** | Unsalted butter\*, oil\*, pepper\*, salt\*

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

1



### Cook sweet potatoes

• Before starting, wash and dry all produce.

- 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.

2



### Prep

×2 Double | **Salmon Fillets, skin-on**

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

3



### Cook snap peas

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, 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.

4



### Cook salmon and make glaze

- Add **½ tbsp** (1 tbsp) **oil**, 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 to the plate with **snap peas**, then cover to keep warm.
- Add **soy sauce**, **maple syrup** and **2 tbsp** (4 tbsp) **water** to the same pan.
- Cook, stirring often, until **glaze** thickens slightly, 3-4 min.

5



### 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** (2 tbsp) **butter** into **sweet potatoes** until smooth.
- Season with **salt** and **pepper**, to taste.

6



### 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.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Prep

×2 Double | **Salmon Fillets, skin-on**

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of salmon**.

\*\* Cook to a minimum internal temperature of 70°C/158°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.