

DINNERLY



Tray Bake: Sesame Miso Salmon & Snap Peas

with Sushi Rice



30-40min



2 Servings

This dinner shortcut is no work, all flavor. Just mix the ingredients in our easy-to-use foil tray, pop it in the oven, and enjoy your mess-free, perfectly baked meal. Miso salmon sounds fancy-schmancy, but no one will know you dumped everything into a tray and let the oven do the rest! Fluffy sushi rice, salmon in an umami-rich miso marinade, and crisp snap peas give you plenty of bang for your buck. We've got you covered!

WHAT WE SEND

- 5 oz sushi rice
- aluminum foil tray
- 2 (0.63 oz) miso paste ⁶
- 1 oz mirin ¹⁷
- ½ oz tamari soy sauce ⁶
- 4 oz snap peas
- ¼ oz pkt toasted sesame seeds ¹¹
- 8 oz pkg salmon filets ⁴

WHAT YOU NEED

- sugar
- neutral oil
- kosher salt & ground pepper

TOOLS

- aluminium foil

COOKING TIP

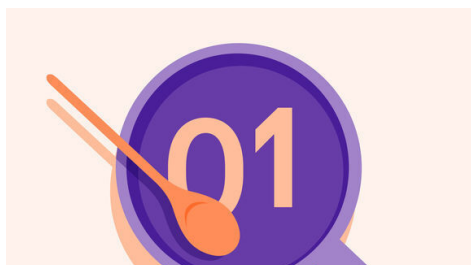
For best results, marinate the salmon in step 2 for 30 minutes or up to 2 days.

ALLERGENS

Fish (4), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 700kcal, Fat 28g, Carbs 81g, Protein 32g



1. Cook rice

Preheat oven to 400°F with a rack in the top position.

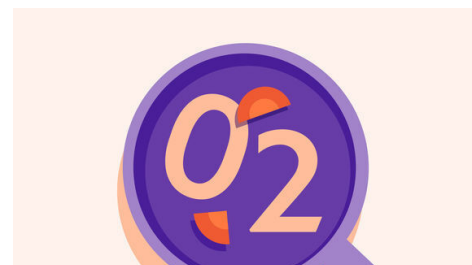
In a fine mesh sieve, rinse **rice** until water runs clear. Add to tray with **1¼ cups water**. Cover tray with aluminum foil; bake on top oven rack until tender and water is absorbed, 25–30 minutes. Remove and switch oven to broil.



4. Broil & serve

Broil on top oven rack until **salmon** is barely warm in the center and top is deeply browned, and **peas** are deeply browned in spots and tender, 5–10 minutes (watch closely and rotate tray occasionally as broilers vary).

Serve **miso salmon tray bake** with **remaining sauce** drizzled over top or served alongside. Enjoy!



2. Make marinade

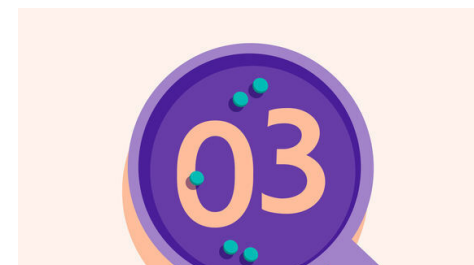
Meanwhile, in a medium bowl, whisk together **miso**, **mirin**, **tamari**, **2 tablespoons sugar**, and **1 tablespoon oil**. Transfer half to a small bowl for serving.

Pat **salmon** dry; add to remaining marinade in bowl and toss to coat.



5. Tray bake take two!

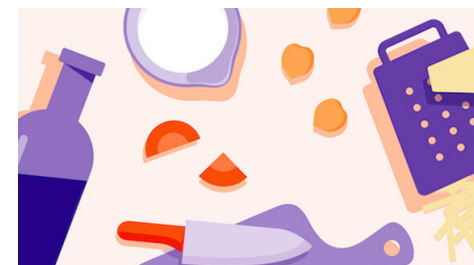
The foil tray that makes this tray bake so easy is reusable! Wash with dish soap and water, then dry thoroughly. Next time you're ready for a tray bake, spray the tray with nonstick cooking spray for even easier clean-up.



3. Assemble tray

Remove strings from **snap peas**, if necessary. Toss in a small bowl with **1 teaspoon oil**; season to taste with **salt** and **pepper**.

Once **rice** is cooked, brush excess marinade off **salmon**; place skin-side down over top. Arrange peas around salmon. Sprinkle salmon with **sesame seeds**.



6. ...

What were you expecting, more steps? You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!