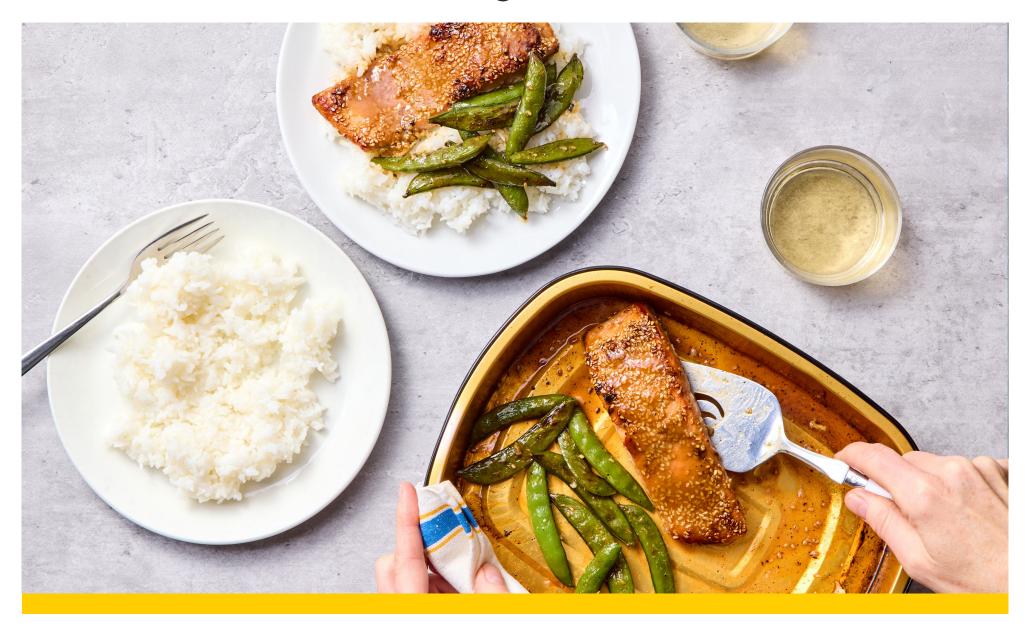
# MARLEY SPOON



# Tray Bake: Sesame Miso Salmon & Snap Peas

with Sticky Rice



This dinner shortcut is no work, all flavor. Just add the ingredients to our easyto-use foil tray, pop it in the oven, and enjoy your mess-free, perfectly baked meal. Succulent salmon gets an umami-rich miso marinade before we quickly broil it with snap peas. Just heat up some fluffy sticky rice, and dinner is served before you know it.

#### What we send

- 2 (0.63 oz) miso paste 1
- 1 oz mirin
- ½ oz tamari soy sauce 1
- 10 oz pkg salmon filets <sup>2</sup>
- 4 oz snap peas
- ¼ oz pkt toasted sesame seeds <sup>3</sup>
- 2 (7.4 oz) sticky white rice
- aluminum foil tray

### What you need

- sugar
- neutral oil
- · kosher salt & ground pepper

#### **Tools**

nonstick cooking spray

#### **Cooking tip**

For best results, marinate salmon in step 1 for 30 minutes or up to 2 days.

#### **Allergens**

Soy (1), Fish (2), Sesame (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### **Nutrition per serving**

Calories 840kcal, Fat 30g, Carbs 99g, Protein 41g



#### 1. Make marinade

Preheat oven to broil with a rack 6 inches from heat source. Grease tray with nonstick cooking spray.

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

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



## 2. Assemble tray

Brush excess marinade off **salmon**; place skin-side down in center of tray.

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

Arrange peas around salmon. Sprinkle salmon with **sesame seeds**.



# 3. Broil tray & 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). Heat **rice** according to package instructions.

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



Looking for more steps?



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Enjoy your Martha Stewart & Marley Spoon meal!