

DINNERLY



Hot Honey-Miso Salmon with Roasted Brussels Sprouts & Carrots



20-30min



2 Servings

This dish will trick your taste buds into thinking you're eating your favorite Asian take-out, but joke's on them because it's homemade! Rather than stir-frying with noodles or rice, we sub in hearty vegetables and tender salmon coated in a sticky combination of savory miso and sweet and spicy hot honey. We've got you covered!

WHAT WE SEND

- ½ lb Brussels sprouts
- 2 (3 oz) carrots
- 8 oz pkg salmon filets ¹
- ½ oz Mike's Hot Honey
- 0.63 oz miso paste ²

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)

TOOLS

- rimmed baking sheet
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 510kcal, Fat 32g, Carbs 29g, Protein 29g



1. Prep veggies

Preheat oven to 450°F with a rack in the center.

Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). Scrub **carrots**, then cut on an angle into ¼-inch thick slices.

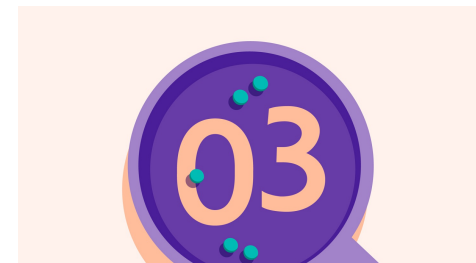
Toss veggies on a rimmed baking sheet with **1½ tablespoons oil**; season with **salt** and **pepper**. Roast until browned and tender, 15–20 minutes.



2. SALMON VARIATION

Meanwhile, pat **salmon** dry; season all over with **salt** and **pepper**.

In a medium bowl, stir to combine **hot honey**, **miso**, and **½ tablespoon vinegar**. Add salmon and gently toss to coat.



3. Cook salmon

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 4–5 minutes. Flip and cook until just medium, about 1 minute more.

If **glaze** starts to blacken before salmon is flaky and medium, transfer to baking sheet with **vegetables**.



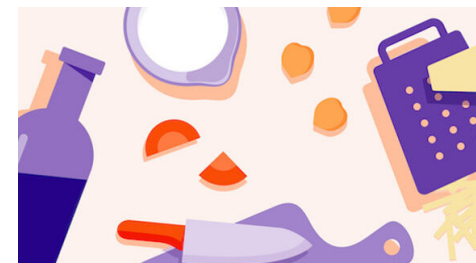
4. Serve

Serve **hot honey-miso salmon** with **roasted vegetables** alongside. Enjoy!



5. ...

What were you expecting, more steps? You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!