

MARLEY SPOON



Tray Bake: Sesame Miso Salmon & Snap Peas

with Sticky Rice



under 20min



2 Servings

This dinner shortcut is no work, all flavor. Just add the ingredients to our easy-to-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 ⁶
- 1 oz mirin ¹⁷
- ½ oz tamari soy sauce ⁶
- 10 oz pkg salmon filets ⁴
- 4 oz snap peas
- ¼ oz pkt toasted sesame seeds ¹¹
- aluminum foil tray
- 2 (8.8 oz) ready to heat jasmine rice

What you need

- sugar
- neutral oil
- kosher salt & ground pepper

Tools

- nonstick cooking spray
- microwave

Cooking tip

For best results, marinate salmon in step 1 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 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 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; rotate tray occasionally as broilers vary). Meanwhile, microwave rice, covered, on high until steaming, 1-2 minutes.

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



4. ...

Looking for more steps?



5. ...

You won't find them here!



6. ...

Enjoy your Martha Stewart & Marley Spoon meal!