

DINNERLY



Miso-Glazed Salmon

with Sweet Chili-Roasted Broccoli & Carrots



30min



2 Servings

Level up your dinner menu with this PremiYUM recipe! Who invited roasted salmon to the tastebud party? We did! AND we dialed up the flavor factor by smothering the fillet in a savory, subtly sweet, and very addicting miso glaze. Our Thai sweet chili sauce takes roasted broccoli and carrots from delish to not-to-be-missed. Oh, and before we forget, all this luscious flavor comes together on one sheet pan. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 3 oz carrots
- 0.63 oz miso paste ³
- 1 oz mirin
- 8 oz pkg salmon filets ¹
- ¼ oz fresh cilantro
- ¼ oz pkt toasted sesame seeds ²
- 3 oz Thai sweet chili sauce

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- sugar

TOOLS

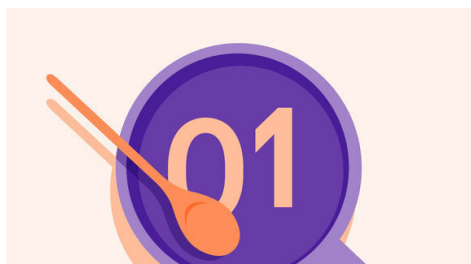
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 550kcal, Fat 39g, Carbs 27g, Protein 28g

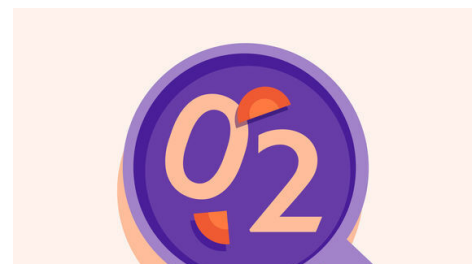


1. Prep broccoli & carrots

Preheat broiler with a rack in the center.

Cut **broccoli** into 1-inch florets, if necessary.

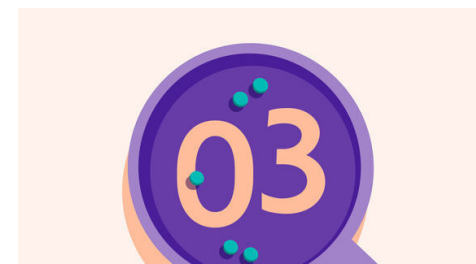
Scrub **carrot**, then cut on an angle into ¼-inch slices.



2. Roast broccoli & carrots

On a rimmed baking sheet, toss **broccoli** and **carrots** with **2 tablespoons** oil and a **pinch** each of **salt** and **pepper**.

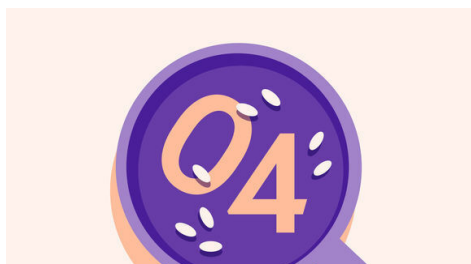
Broil on center oven rack until tender and browned in spots, 5–7 minutes (watch closely as broilers vary).



3. Prep miso glaze & salmon

Meanwhile, in a small bowl, combine **miso paste**, **1 tablespoon** each of **mirin** and **oil**, and **1 teaspoon** sugar.

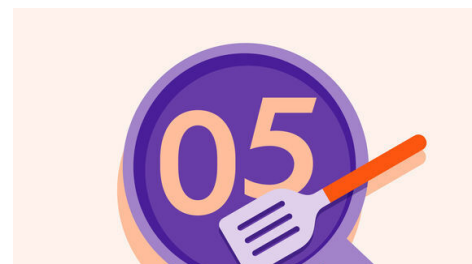
Pat **salmon** dry and season all over with **salt** and **pepper**.



4. Cook salmon

Push **veggies** to one side of baking sheet. Drizzle open side with **oil**. Brush flesh side of each **salmon** with **1–2 teaspoons** of the **miso glaze**; add to open side of baking sheet.

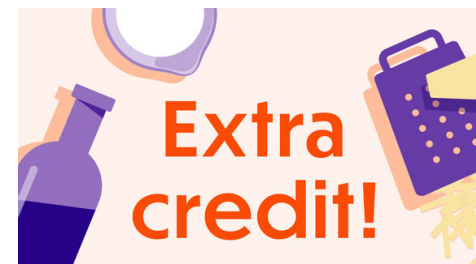
Return to center oven rack and broil until salmon is medium-rare and veggies are golden brown, 5–7 minutes (watch closely).



5. Finish & serve

Coarsely chop **cilantro**. Thin **remaining miso glaze** with **1 teaspoon** **water**. Toss **veggies** with **sesame seeds** and **2 tablespoons** **Thai sweet chili sauce** directly on baking sheet.

Serve **miso salmon** with **remaining glaze** and **cilantro** over top and with **roasted broccoli and carrots** alongside. Enjoy!



6. What is miso?

Miso is a Japanese fermented soybean paste that can be mixed into sauces, spreads, soups. It's earthy flavor is deeply savory with a salty-sweet tinge. On top of that, it's also good for you! Miso is a complete source of protein, it's rich in nutrients, and it has good-for-your-gut probiotics.