



Miso-Honey Glazed Salmon

with Sticky Crispy Brussels & Carrots



30-40min



2 Servings

Miso paste, a Japanese staple, is made from fermented soybeans mixed with salt and rice (or barley). It adds a deep, savory, umami flavor to all kinds of dishes. Here, we combined white miso with sweet honey, grated garlic, and a splash of vinegar to create a sticky, out-of-this-world glaze for salmon. The glazed fish is served atop a bed of roasted carrots and Brussels sprouts, which are sprinkled with sesame seeds.

What we send

- ½ lb Brussels sprouts
- 1 carrot
- garlic (use 1 large clove)
- ½ oz pkt honey
- 2 oz white miso (use 2 Tbsp)^{1,6}
- 1 oz scallions
- 10 oz pkg salmon fillets⁴
- 3 oz Thai sweet chili sauce (use 2 Tbsp)
- toasted sesame seeds¹¹

What you need

- neutral oil
- kosher salt & pepper
- white wine vinegar (or apple cider vinegar)¹⁷

Tools

- rimmed baking sheet
- microplane or grater
- medium nonstick ovenproof skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), 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 47g, Carbs 33g, Proteins 35g



1. Prep vegetables

Preheat oven to 450°F with racks in the upper and lower thirds. Trim **Brussels sprouts**, then halve (or quarter, if large). Scrub **carrot**, then cut on an angle into ¼-inch-thick slices.



4. Cook salmon

Heat **2 teaspoons oil** in a medium nonstick skillet over high. Cook **salmon**, skin side down, until skin is crisp, 3-4 minutes. Brush tops with **2 tablespoons total of the miso-honey mixture**. Transfer skillet to upper oven rack, and broil until salmon is cooked through and lightly browned, 3-5 minutes (watch closely as broilers vary).



2. Roast vegetables

On a rimmed baking sheet, toss **Brussels sprouts** and **carrots** with **2 tablespoons oil** and **a pinch each of salt and pepper**. Roast on upper oven rack until tender and browned in spots, 15-20 minutes. Remove from oven. Switch oven to broil.



5. Sauce vegetables

Meanwhile, toss **vegetables** with **2 tablespoons of the Thai chili sauce** (save rest for own use). Set on lower oven rack to reheat while salmon is broiling.



3. Prep ingredients

Meanwhile, peel and finely grate **¼ teaspoon garlic**. In a small bowl, whisk to combine **grated garlic, honey, 1 tablespoon vinegar, 2 tablespoons of the miso, and 1 tablespoon oil**. Trim **scallions**, then thinly slice. Pat **salmon** dry and season all over with **salt and pepper**.



6. Finish & serve

Carefully toss **vegetables** with **sesame seeds** and **scallions**. Whisk **remaining miso sauce** with **1 teaspoon water**. Drizzle over **salmon**, and serve with **vegetables** alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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