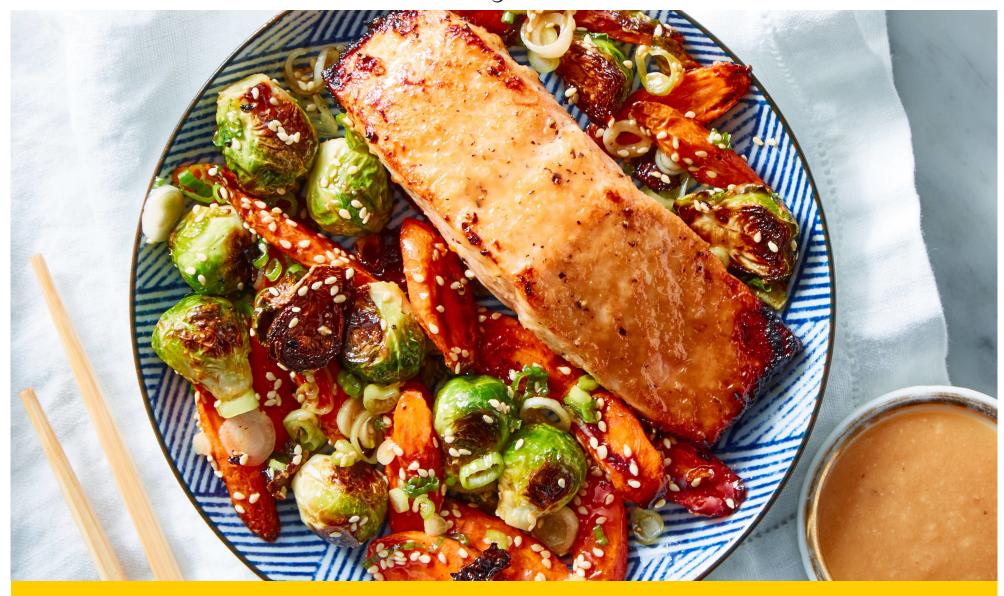
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Miso-Honey Glazed Salmon

with Sticky Crispy Brussels Sprouts & 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 with roasted carrots and Brussels sprouts that are sprinkled with toasted sesame seeds.

What we send

- ½ lb Brussels sprouts
- 4 oz carrot
- garlic
- ½ oz pkt honey
- 1 pkt white miso sauce (use 2 Tbsp) 1,4,6
- 1 oz scallions
- 10 oz pkg salmon fillets ⁴
- 3 oz Thai sweet chili sauce (use 2 Tbsp)
- 1 pkt toasted sesame seeds

What you need

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

Tools

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

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 49g, Carbs 33g, Proteins 35g



1. Prep vegetables

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



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.



3. Prep ingredients

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



4. Cook salmon

Heat **2 teaspoons oil** in a medium nonstick ovenproof skillet over high. Cook **salmon**, skin side down, until skin is crisp, 3-4 minutes. Brush flesh side only with **2 tablespoons 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).



5. Sauce vegetables

Meanwhile, toss **vegetables** with **2 tablespoons Thai chili sauce**. Set on lower oven rack to reheat while salmon is broiling.



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!