



Sweet & Sour Pineapple Salmon

Easy Prep!



20-30min



2 Servings

Salmon fillets pair perfectly with sweet pineapple, which balances the rich fish with an acidic edge. While the pineapple caramelizes on top of the salmon in the broiler, we use the juice to make a quick sweet and sour sauce. Bright green snap peas and red bell peppers broil on the same sheet pan while quick-cooking brown rice steams—perfect for soaking up the sauce! A few fresh mint leaves add the final herbal touch.

What we send

- 5 oz quick-cooking brown rice
- 1 bell pepper
- 4 oz snap peas
- garlic
- ¼ oz fresh mint
- 4 oz pineapple cup
- 10 oz pkg salmon filets ⁴
- ½ oz tamari soy sauce ⁶
- ¼ oz cornstarch

What you need

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

Tools

- medium saucepan
- fine-mesh sieve
- rimmed baking sheet
- aluminium foil

Allergens

Fish (4), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 22g, Carbs 74g, Protein 39g



1. Boil rice

Fill a medium saucepan with **salted water** and bring to a boil over high heat. Add **rice** and boil (like pasta), stirring occasionally, until tender, about 22 minutes. Drain rice in a fine-mesh sieve.



2. Heat broiler & prep

Preheat broiler with a rack in the center. Line a rimmed baking sheet with foil. Halve **pepper**, discard stem and seeds, then cut into 1-inch pieces. Trim **snap peas**, if desired. Finely chop **1 teaspoon garlic**. Pick **mint leaves** from stems; discard stems. Drain **pineapple juice** into a small microwave-safe bowl; reserve **pineapple pieces**.



3. Prep salmon & veggies

Pat **salmon** dry, then transfer to one half of the prepared baking sheet. Season with **salt** and **pepper**, top with **reserved pineapple pieces**, and drizzle all over with **oil**. Transfer **peppers** and **snap peas** to other half of baking sheet; drizzle with **oil** and season with **salt** and **pepper**.



4. Broil salmon & veggies

Broil **salmon** and **veggies** on center rack until veggies are charred in spots, **pineapple** is caramelized, and salmon is cooked through, 5-10 minutes (watch closely as broilers vary).



5. Make sweet & sour sauce

To bowl with **pineapple juice**, stir in **tamari**, **chopped garlic**, **1 tablespoon each ketchup and vinegar**, and **2 teaspoons cornstarch**. Microwave on high in 30-second intervals, stirring after each one, until thick enough to coat the back of a spoon, 1-2 minutes total.




(Alternatively, warm in a pot or skillet on stove over medium heat, stirring, until thickened.)



6. Finish & serve

Serve **salmon** and **veggies** over **rice** with **sweet and sour sauce** poured over top. Garnish with **mint**. Enjoy!

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

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