



Tamari-Glazed Salmon

with Roasted Vegetables & Furikake Mayo



20-30min



2 Servings

Furikake is not only fun to say, but it's also super fun to eat. It's a Japanese seasoning that contains seaweed, sesame seeds, sugar, and salt. We add a dash to mayo to create an irresistible sauce that pairs perfectly with the umami flavors of tamari-glazed salmon and hearty roasted winter veggies. It's so nice, you'll want to make it twice.

What we send

- 1 sweet potato
- ½ lb Brussels sprouts
- 2 oz mayonnaise ^{3,6}
- ¼ oz furikake ¹¹
- ½ oz tamari soy sauce ⁶
- 10 oz pkg salmon filets ⁴
- garlic

What you need

- neutral oil
- kosher salt & ground pepper
- sugar

Tools

- rimmed baking sheet
- medium nonstick skillet

Cooking tip

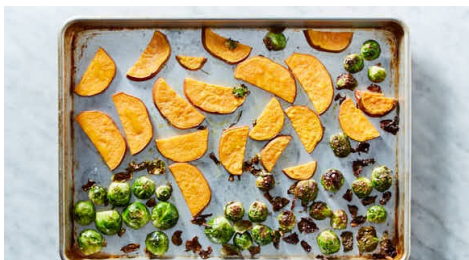
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Allergens

Egg (3), Fish (4), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 45g, Carbs 39g, Protein 36g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Scrub **sweet potato**, halve lengthwise, and cut into ¼-inch thick half-moons. Trim **Brussels sprouts**, then halve (or quarter, if large). On a rimmed baking sheet, toss vegetables with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on upper oven rack until vegetables are tender and browned in spots, about 20 minutes.



4. Season salmon

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



2. Season mayonnaise

Meanwhile, finely chop **½ teaspoon garlic**. In a small bowl, stir to combine **2 tablespoons mayonnaise** (save rest for own use), **chopped garlic**, **1 teaspoon furikake**, and **1 teaspoon each of oil and water**. Season to taste with **salt** and **pepper**.



5. Cook salmon

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add **salmon**, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, about 4 minutes. Flip, add **tamari glaze** and cook, spooning glaze over salmon, until salmon is just medium and glaze is thick and glossy, about 1 minute more.



3. Mix tamari glaze




In a small bowl, whisk to combine **tamari**, **1 teaspoon sugar**, and **1 teaspoon oil**; set aside for step 5.



6. Finish & serve

Serve **tamari-glazed salmon** with **roasted vegetables** alongside and with **furikake mayo** for dipping. Garnish with **extra furikake**, if desired. Enjoy!

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

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