

# DINNERLY



## Tray Bake: Sesame Miso Salmon & Snap Peas

with Sushi Rice



30-40min



2 Servings

This dinner shortcut is no work, all flavor. Just mix the ingredients in our easy-to-use foil tray, pop it in the oven, and enjoy your mess-free, perfectly baked meal. Miso salmon sounds fancy-schmancy, but no one will know you dumped everything into a tray and let the oven do the rest! Fluffy sushi rice, salmon in an umami-rich miso marinade, and crisp snap peas give you plenty of bang for your buck. We've got you covered!

## WHAT WE SEND

- 5 oz sushi rice
- aluminum foil tray
- 2 (0.63 oz) miso paste <sup>6</sup>
- 1 oz mirin <sup>17</sup>
- ½ oz tamari soy sauce <sup>6</sup>
- 4 oz snap peas
- ¼ oz pkt toasted sesame seeds <sup>11</sup>
- 8 oz pkg salmon filets <sup>4</sup>

## WHAT YOU NEED

- sugar
- neutral oil
- kosher salt & ground pepper

## TOOLS

- aluminium foil

## COOKING TIP

For best results, marinate the salmon in step 2 for 30 minutes or up to 2 days.

## ALLERGENS

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

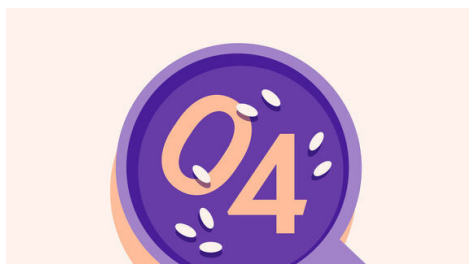
Calories 760kcal, Fat 32g, Carbs 81g, Protein 38g



### 1. Cook rice

Preheat oven to 400°F with a rack in the top position.

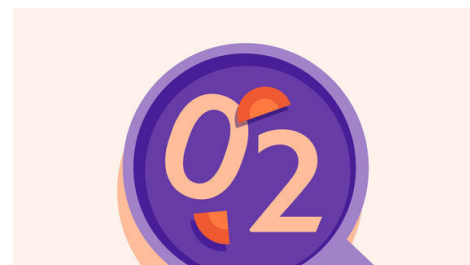
In a fine mesh sieve, rinse **rice** until water runs clear. Add to tray with **1¼ cups water**. Cover tray with aluminum foil; bake on top oven rack until tender and water is absorbed, 25–30 minutes. Remove and switch oven to broil.



### 4. Broil & serve

Broil on top oven rack until **salmon** is barely warm in the center and top is deeply browned, and **peas** are deeply browned in spots and tender, 5–10 minutes (watch closely and rotate tray occasionally as broilers vary).

Serve **miso salmon tray bake** with **remaining sauce** drizzled over top or served alongside. Enjoy!



### 2. Make marinade

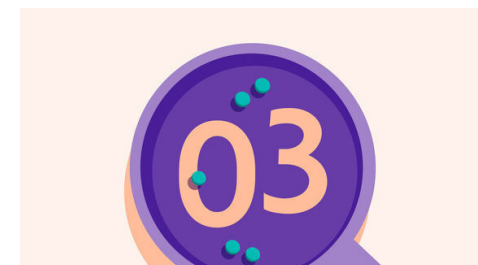
Meanwhile, in a medium bowl, whisk together **miso**, **mirin**, **tamari**, **2 tablespoons sugar**, and **1 tablespoon oil**. Transfer half to a small bowl for serving.

Pat **salmon** dry; add to remaining marinade in bowl and toss to coat.



### 5. Tray bake take two!

The foil tray that makes this tray bake so easy is reusable! Wash with dish soap and water, then dry thoroughly. Next time you're ready for a tray bake, spray the tray with nonstick cooking spray for even easier clean-up.



### 3. Assemble tray

Remove strings from **snap peas**, if necessary. Toss in a small bowl with **1 teaspoon oil**; season to taste with **salt** and **pepper**.

Once **rice** is cooked, brush excess marinade off **salmon**; place skin-side down over top. Arrange peas around salmon. Sprinkle salmon with **sesame seeds**.



### 6. ...

What were you expecting, more steps? You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!