

# MARLEY SPOON



## Sweet & Sticky Wild Salmon

with Roasted Veggies & Rice



20-30min



2 Servings

This is the sweet and sticky rice bowl of our dreams. Seriously, there is so much to love here. We top fragrant jasmine rice with wild salmon, tossed in sticky, spicy Thai sweet chili sauce, then broiled until flaky and caramelized. Charred bell peppers and green beans are the perfect crisp veggies to complete the bite. A squeeze of lime and sprinkle of sesame seeds on top, and we're excited to dig in.



## What we send

- 5 oz jasmine rice
- ½ lb green beans
- 1 bell pepper
- garlic
- ¼ oz pkt toasted sesame seeds <sup>11</sup>
- ½ oz tamari soy sauce <sup>6</sup>
- 10 oz pkg wild-caught sockeye salmon <sup>4</sup>
- 3 oz Thai sweet chili sauce
- 1 lime

## What you need

- kosher salt & ground pepper
- neutral oil

## Tools

- small saucepan
- rimmed baking sheet

## Allergens

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 730kcal, Fat 23g, Carbs 97g, Protein 40g



### 1. Cook rice

Preheat oven to 450°F with a rack in the upper third. In a small saucepan, combine **rice** and **1¼ cups water**; bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, 17-20 minutes. Keep covered until ready to serve.



### 2. Prep ingredients

Trim stem end of **green beans**, then cut or snap in half. Halve **pepper**, remove stem and seeds, then cut in half crosswise and thinly slice. Finely chop **1 teaspoon garlic**. On a rimmed baking sheet, toss green beans and peppers with **1 tablespoon oil** and season with **salt** and **pepper**.



### 3. Roast vegetables

Roast **vegetables** on upper oven rack until crisp-tender, 8-10 minutes. Carefully toss vegetables with **garlic** and **sesame seeds**. Return to oven and roast until garlic is fragrant, 1-2 minutes. Transfer vegetables to a medium bowl and add **1 teaspoon tamari**. Cover to keep warm until ready to serve. Wipe baking sheet and reserve for step 5.



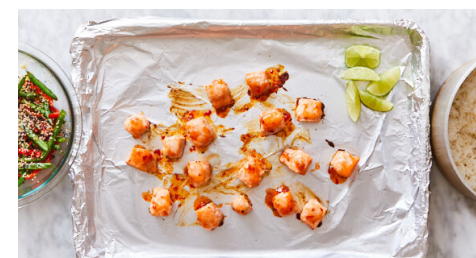
### 4. Prep salmon

Pat **salmon** dry, then cut into 1-inch pieces. Transfer **salmon**, **2 tablespoons Thai sweet chili sauce**, and **1 tablespoon oil** to a medium bowl. Season with **salt** and **pepper**, and stir gently to coat salmon in sauce.



### 5. Broil salmon

Switch oven to broil. Line reserved baking sheet with foil. Transfer **salmon** to prepared baking sheet. Broil salmon on upper oven rack until browned in spots and cooked to medium, 5-7 minutes (watch closely as broilers vary). Spoon **remaining sweet Thai chili sauce** over **salmon**.



### 6. Finish & serve

Cut **lime** into wedges. Fluff **rice** with a fork. Serve **rice** topped with **salmon** and **vegetables**. Squeeze **lime wedges** over top. Enjoy!