

DINNERLY



Seared Salmon & Tamari-Glazed Sweet Potatoes

with Quinoa & Crisp Veggies



20-30min



2 Servings

Just because something is good for you doesn't mean it has to be boring. And the proof is in the pudding, er, sweet potatoes? Anyway, this dish is loaded with healthy stuff we should be eating, like sweet potatoes, quinoa, and veggies. Not to mention tender seared salmon! They're extra delicious thanks to a umami-laden tamari and gochujang glaze. We've got you covered!

WHAT WE SEND

- 1 sweet potato
- ½ lb snow peas
- 2 (3 oz) white quinoa
- ½ oz tamari soy sauce ²
- 1 oz gochujang ²
- 8 oz pkg salmon filets ¹
- 1 bag radishes

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- white wine vinegar ³
- sugar

TOOLS

- rimmed baking sheet
- medium saucepan
- medium nonstick skillet

ALLERGENS

Fish (1), Soy (2), Sulphites (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 1040kcal, Fat 49g, Carbs 108g, Protein 41g



1. Roast sweet potatoes

Preheat oven to 425°F with a rack in the upper third.

Scrub **sweet potato**, then cut into ½-inch thick rounds. Toss on a rimmed baking sheet with **1 tablespoon oil** and season with **salt and pepper**. Roast on upper oven rack until tender, about 20 minutes. Remove from oven and switch oven to broil.



4. Glaze & broil potatoes

In a medium bowl, whisk **tamari, gochujang, 1 tablespoons each of vinegar and sugar**, and **¼ cup oil**. Season to taste with **salt and pepper**.

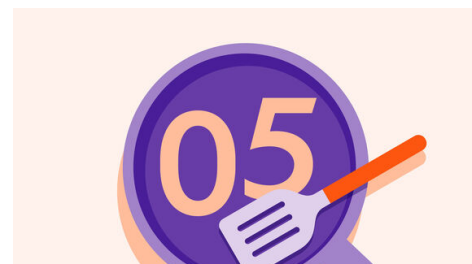
Once **sweet potatoes** have roasted for 20 minutes, brush **some of the tamari glaze** on one side. Broil on upper oven rack until lightly caramelized, 3–5 minutes (watch closely as broilers vary).



2. Cook snow peas

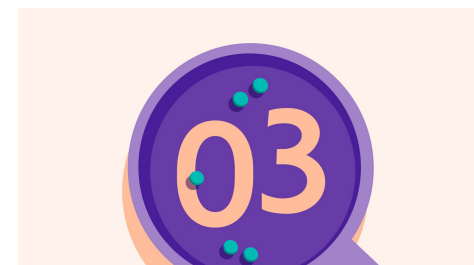
Meanwhile, bring **4 cups salted water** to a boil in a medium saucepan.

Trim stem ends from **snow peas**, then halve crosswise. Add to boiling water and cook until bright green and crisp tender, about 2 minutes. Drain, rinse with cold water, and drain well again. Set aside for step 5.



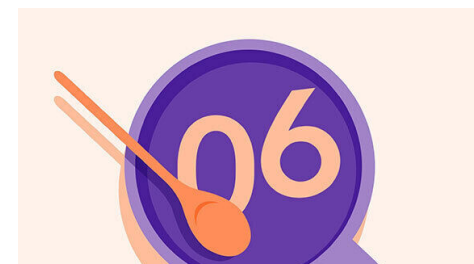
5. SALMON VARIATION

Pat **salmon** dry and season all over with **salt and pepper**. 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, 4–5 minutes. Flip and cook until just medium, about 1 minute more.



3. Cook quinoa

In same saucepan, combine **quinoa, 1 cup water**, and **1 teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15–20 minutes. Keep covered off heat until ready to serve.



6. Finish salad & serve

Trim **radishes** and very thinly slice. In a medium bowl, toss together **radishes, snow peas**, and **remaining tamari glaze**. Fluff **quinoa** with a fork.

Serve **glazed sweet potatoes, salmon**, and **snow pea and radish salad** over **quinoa**. Enjoy!