

Miso & Maple-Glazed Salmon

with Fresh Udon Noodles & Cremini Mushrooms

In this recipe, we're preparing an elegant glaze for our hearty salmon fillets with miso paste, maple syrup and a touch of rice vinegar. This delicious balance of sweet and savory perfectly complements fresh udon noodles, sautéed kale and mushrooms tossed in a light, citrusy ponzu sauce. Garnished with a sprinkling of crunchy white sesame seeds, it's a sophisticated dinner full of satisfying Japanese flavor.



Ingredients

- 4 Skin-On Salmon Fillets
- 1 Pound Fresh Udon Noodles
- 6 Ounces Cremini Mushrooms
- 1 Bunch Kale

Knick Knacks

- 2 Tablespoons Maple Syrup
- 2 Tablespoons Rice Vinegar
- 2 Teaspoons White Sesame Seeds
- 1 1-Inch Piece Ginger
- 1 Tablespoon Sesame Oil
- ¼ Cup Ponzu Sauce
- ¼ Cup White Miso Paste

Makes 4 Servings

About 675 Calories Per Serving

Prep Time: 10 min | Cook Time: 20 to 30 min



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp237

1



Prepare the ingredients:

Wash and dry the fresh produce. Remove and discard the kale stems; roughly chop the leaves. Thinly slice the mushrooms. Peel and mince the ginger. To make the glaze, in a bowl, combine the **maple syrup, miso paste, half the vinegar** and **¼ cup of water**; whisk until smooth.

2



Cook the kale:

Heat a large, dry pan (nonstick, if you have one) on medium-high until hot. Add the **kale** and **½ cup water**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until the kale has wilted and the water has cooked off. Transfer to a bowl and set aside in a warm place. Wipe out the pan.

3



Cook the mushrooms:

In the pan used to cook the kale, heat 2 teaspoons of olive oil on medium-high until hot. Add the **mushrooms**. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned. Add the **ginger** and **sesame oil**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant.

4



Add the kale & noodles:

To the pan of mushrooms, add the **noodles** (carefully separating with your hands before adding), **cooked kale, ponzu sauce, remaining vinegar** and **2 tablespoons of water**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until well combined. Remove from heat and divide between 4 dishes; set aside in a warm place. Rinse and dry the pan.

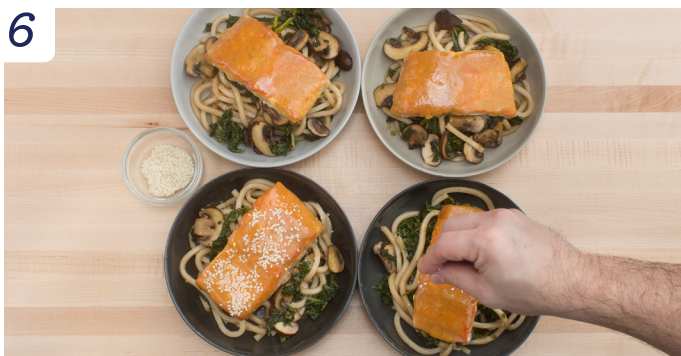
5



Cook & glaze the salmon:

Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. In the pan used to cook the vegetables and noodles, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets, skinless sides down. Cook 2 to 4 minutes on the first side, or until lightly browned. Flip the fillets and add the **glaze**. Cook, occasionally spooning the glaze over the fillets, 2 to 4 minutes, or until the liquid has reduced in volume by about half and the fillets are cooked to your desired degree of doneness.

6



Serve your dish:

Top the dishes of **cooked vegetables and noodles** with the **glazed salmon fillets**. Garnish with the **sesame seeds**. Enjoy!