

Miso-Honey Salmon

with Sesame-Roasted Broccoli & Garlic Rice

🕒 25-35 MINS | 2 SERVINGS

Pickled vegetables are a favorite in Asian cuisines for adding balancing acidity to rich flavors, whose brightness you'll replicate in this recipe simply by marinating sliced cucumber in rice vinegar and salt—the perfect accompaniment to savory-sweet glazed salmon. A simple side of roasted broccoli (coated with fragrant sesame oil) and fluffy, aromatic rice round out the dish on a hearty note.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



2
SKIN-ON SALMON
FILLETS



1/2 lb
BROCCOLI



1
PERSIAN
CUCUMBER



2 tsps
HONEY



1 Tbsp
SESAME OIL



1/2 cup
JASMINE RICE



2 cloves
GARLIC



1 Tbsp
SWEET WHITE
MISO PASTE



1 Tbsp
RICE VINEGAR



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Prepare the ingredients & make the glaze:

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small florets.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **cucumber** lengthwise, then thinly slice crosswise.
- In a bowl, whisk together the **miso paste, honey** (kneading the packet before opening), and **half the sesame oil**.



2 Roast the fish & broccoli:

- Line a sheet pan with foil.
- Place the **broccoli florets** on the foil. Drizzle with the **remaining sesame oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- Coat the other side of the foil with **1 teaspoon of olive oil**. Place the seasoned fish on the oiled side, skin side down. Evenly top the fish with the **glaze**.
- Roast 14 to 17 minutes, or until the broccoli is tender when pierced with a fork and the fish is cooked through.** Remove from the oven.



3 Make the garlic rice:

- Meanwhile, in a small pot, combine the **rice, chopped garlic, a big pinch of salt, and 1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



4 Marinate the cucumber & serve your dish:

- Meanwhile, in a bowl, combine the **sliced cucumber and vinegar**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.
- Serve the **roasted fish and broccoli** with the **garlic rice**. Top with the **marinated cucumber** (including any liquid). Enjoy!

**An instant-read thermometer should register 145°F.



NUTRITION PER SERVING (AS PREPARED)* Calories: 670, Total Carbohydrates: 63g, Dietary Fiber: 4g, Added Sugar: 6g, Total Fat: 29g, Saturated Fat: 6g, Protein: 37g, Sodium: 910mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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