

Sheet Pan Miso Salmon

with Sesame Rice & Roasted Cauliflower

2 SERVINGS










⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Our salmon fillets get a flavorful coating of savory white miso and sweet mirin before roasting in the oven alongside hearty cauliflower florets—finished with pickled peppers for exciting brightness in every bite.

Ingredients

-  2 Skin-On Salmon Fillets
-  ½ cup Jasmine Rice
-  3 Tbsps Sweet White Miso Paste
-  1 head White, Multicolored, or Romanesco Cauliflower
-  1 Tbsp Mirin*
-  1 Tbsp Vegetarian Ponzu Sauce
-  2 Tbsps Pickled Peruvian Peppers
-  1 Tbsp Sesame Oil
-  1 tsp Black & White Sesame Seeds



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.
blueapron.com/wine

*salted cooking wine

1 Prepare & start the cauliflower

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Line a sheet pan with foil.
- Wash and dry the **cauliflower**; cut out and discard the core, then cut the cauliflower into small florets.
- Transfer to the sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer on one side of the sheet pan.
- Roast 10 minutes. Leaving the oven on, remove from the oven.



2 Roast the fish & cauliflower

- Meanwhile, in a bowl, whisk together the **miso paste**, **mirin**, and **1 teaspoon of olive oil** until smooth.
- Pat the **fish** dry with paper towels. Transfer to a plate.
- Drizzle with **olive oil**; turn to coat. Arrange skin side down and evenly top with the **miso-mirin mixture**.
- Carefully transfer (skin side down) to the other side of the sheet pan of **partially roasted cauliflower**.
- Roast 10 to 15 minutes, or until the cauliflower is browned and tender when pierced with a fork and the fish is cooked through.* Remove from the oven.



3 Cook the rice

- Meanwhile, in a medium pot, combine the **rice**, **sesame oil**, **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 Finish the cauliflower & serve your dish

- Evenly top the **roasted cauliflower** with the **ponzu sauce** and **peppers**; carefully stir to coat.
- Serve the **roasted fish** with the **cooked rice** and **finished cauliflower**. Garnish with the **sesame seeds**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 770, Total Carbohydrates: 75g, Dietary Fiber: 11g, Added Sugars: 6g, Total Fat: 33g, Saturated Fat: 6g, Protein: 42g, Sodium: 1210mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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