

Sheet Pan Miso-Ginger Salmon

with Spicy Sweet Potatoes & Snap Peas

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients


 2 Skin-On Salmon Fillets

 1 piece Ginger

 1 Tbsp Mirin¹


 1 Tbsp Sesame Oil

 1 lb Sweet Potatoes

 1 Tbsp Sweet White Miso Paste

 1 Tbsp Sambal Oelek

 1 tsp Black & White Sesame Seeds

 4 oz Sugar Snap Peas

 2 tps Honey

 1 Tbsp Rice Vinegar



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



6 - 17

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 6-17 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

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¹. salted cooking wine

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Halve the **sweet potatoes** lengthwise, then cut crosswise into 1/4-inch pieces.
- Pull off and discard the tough string that runs the length of each **snap pea** pod; place in a bowl. Drizzle with the **sesame oil** and season with salt and pepper; toss to coat.
- Peel the **ginger**; using a zester or the small side of a box grater, finely grate to get 1 teaspoon (you may have extra).
- In a bowl, combine the **grated ginger**, **miso paste**, and **mirin**.
- In a separate bowl, whisk together the **vinegar**, **honey** (kneading the packet before opening), and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



2 Roast the sweet potatoes

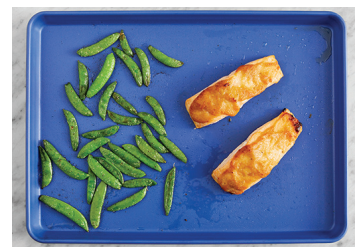
- Place the **sweet potato pieces** on a sheet pan.
- Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 18 to 20 minutes, or until browned and tender when pierced with a fork.
- Transfer to a large bowl.



For easier cleanup, line your sheet pans with foil.

3 Roast the fish & snap peas

- Meanwhile, pat the **fish** dry with paper towels.
- Place on one side of a separate sheet pan, skin side down. Evenly top with the **miso-ginger glaze**.
- Roast 8 minutes.
- Leaving the oven on, remove from the oven. Place the **seasoned peas** on the other side of the sheet pan of **partially roasted fish**.
- Return to the oven and roast 2 to 5 minutes, or until the peas are bright green and tender when pierced with a fork and the fish is cooked through.*
- Remove from the oven.



4 Dress the sweet potatoes & serve your dish

- Add the **sambal dressing** to the bowl of **roasted sweet potatoes**; toss to coat. Taste, then season with salt and pepper, if desired.
- Serve the **roasted fish** with the **roasted peas** and **dressed sweet potatoes**. Garnish with the **sesame seeds**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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