

LIMITED
TIME
ONLY



In your box

- 2 tsp. Gochujang Red Pepper Paste
- 2 Garlic Cloves
- 1 tsp. Minced Ginger
- 12 oz. Salmon Fillets
- 3 Heads of Baby Bok Choy
- ½ oz. Toasted Sesame Oil
- .609 fl. oz. Soy Sauce
- ½ tsp. Multicolor Sesame Seeds
- ½ fl. oz. Honey
- 8 oz. Cauliflower Florets

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Baking Sheet, Small Pot

Minimum Internal Protein Temperature

| | | | | |
|------|-------------|---------------|------|---------|
| 145° | Steak | Pork | Lamb | Seafood |
| 160° | Ground Beef | Ground Pork | | |
| 165° | Chicken | Ground Turkey | | |

Culinary Collection

skinnytaste®
with  HOME CHEF

Gochujang-Glazed Salmon

with cauliflower rice and bok choy

NUTRITION per serving—Calories: 530, Carbohydrates: 20g, Sugar: 12g, Fiber: 4g, Protein: 40g, Sodium: 1260mg, Fat: 33g, Saturated Fat: 7g
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

30-40 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **soy sauce, sesame oil, ginger, garlic**



1. Prepare Ingredients and Make Glaze

- Remove any discolored outer leaves from **bok choy** and trim ends. Cut into $\frac{1}{4}$ " strips, keeping leaves and stems separate.
- Mince **garlic**.
- Pat **salmon fillets** dry, and season flesh side with a pinch of **pepper**.
- In a small pot, combine **gochujang** (to taste), $\frac{2}{3}$ the **soy sauce**, half the **sesame oil**, half the **ginger** (reserve remaining of all three for bok choy), **honey**, and half the **garlic** (reserve remaining for cauliflower rice). Set aside.



2. Prepare the Cauliflower

- In a food processor, pulse **cauliflower** until it resembles coarse grains, a little larger than rice. *Work in batches to ensure cauliflower isn't over-processed.*
- *Alternatively, you may grate cauliflower florets on the large hole side of a box grater to make "rice grains," or finely chop until it resembles the texture of rice.*



3. Roast the Salmon and Cauliflower

- Place **salmon** on one half of prepared baking sheet, skin side down, and spray with **cooking spray**.
- Combine **cauliflower rice**, remaining **garlic**, a pinch of **salt**, and 1 tsp. **olive oil** on other half of baking sheet. Spread into an even layer.
- Roast in hot oven, 10 minutes.
- Carefully remove from oven. *Salmon will finish cooking in a later step.*
- While salmon and cauliflower roast, cook bok choy.



4. Cook the Bok Choy

- Place a medium non-stick pan over medium heat. Add remaining **sesame oil**, remaining **ginger**, and **bok choy stems** to hot pan. Stir often until stems just begin to soften, 4-5 minutes.
- Add **bok choy leaves** and remaining **soy sauce** and cook until wilted, 1-2 minutes.
- Season with a pinch of **salt** and **pepper**. Remove from burner.
- While bok choy cooks, finish salmon.



5. Finish Salmon and Finish Dish

- Place small pot with **glaze** over medium heat and bring to a simmer. Once simmering, stir occasionally until darkened and slightly thickened, 1-2 minutes.
- Remove pot from burner. Carefully remove baking sheet from oven. Turn on broiler. Brush or evenly top **salmon** with glaze.
- Place under hot broiler and broil until glaze has browned and salmon reaches a minimum internal temperature of 145 degrees, 2-3 minutes.
- *Keep salmon at least 6" away from broiler heat source. Keep an eye on oven as salmon may burn easily under broiler.*
- Plate dish as pictured on front of card, garnishing salmon with **sesame seeds**. Bon appétit!