



NUTRITION *per serving* 33g carbohydrates 17g fat 46g protein 907mg sodium | low-calorie, low-carb, gluten-free, dairy-free, nut-free



Calories
462



Prep & Cook Time
30-40 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 10 oz. Green Beans
- 1 Red Bell Pepper
- 2 Green Onions
- 2 Heads of Baby Bok Choy
- 2 Salmon Fillets
- 1 Tbsp. Miso Paste—Gluten-Free
- 1 tsp. Chopped Ginger
- 1 tsp. Honey
- 2 Tbsp. Tonkatsu BBQ Sauce—Gluten-Free
- 1 tsp. Sesame Seeds

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Non-Stick Pan

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HOME CHEF

Tonkatsu Salmon

with miso-ginger vegetable medley

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Preheat oven to **375 degrees**
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- **Salt** refers to kosher salt in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Green onions are used twice. White parts get roasted with **vegetables** and green parts are for **garnish**.
- Be careful when laying **salmon** into hot pan. If any oil splatters on your skin, run it under cold water immediately.

FROM THE CHEF

To ensure a beautiful sear, make sure pan is very hot when searing salmon and bok choy.

Did you know...

“Tonkatsu” not only refers to a sauce, but also a traditional Japanese preparation of panko breadcrumb-crusted pork chops fried and served with this sauce.



Prepare the Ingredients

Trim ends off **green beans**. Stem, seed, and thinly slice **red bell pepper** into sticks (julienne). Trim and cut white parts of **green onions** into 1” lengths. Cut green parts into thin ribbons. Trim ends from **bok choy**. Halve bok choy lengthwise. Rinse **salmon** and pat dry.



Start Roasting the Vegetables

Toss **green beans**, **red pepper**, white parts of **green onions**, **miso**, **ginger**, 1 Tbsp. **olive oil**, ½ tsp. **salt**, and **honey** on one side of baking sheet. *Use your hands to make sure vegetables are evenly coated.* Roast 6-8 minutes while you sear salmon.



Sear the Salmon

Heat a medium non-stick pan over high heat. Season **salmon** with a pinch of **salt and pepper**. Add salmon and 2 tsp. **olive oil** to very hot pan. *Be careful: lay salmon away from you in pan.* Cook 2-3 minutes on one side, or until deeply seared. Once **vegetables** have roasted 6-8 minutes, transfer salmon to other side of baking sheet, seared side up, and brush with **tonkatsu sauce**. Wipe pan clean.



Roast Salmon and Vegetables

Roast **salmon** and **vegetables** 9-11 minutes, or until salmon reaches a minimum internal temperature of 145 degrees. Salmon should be firm and opaque and vegetables should be just tender.



Cook the Bok Choy

While salmon and vegetables roast, return pan used to sear salmon to high heat. Add 2 tsp. **olive oil** and **bok choy**, cut-side down, to hot pan and cook 2-4 minutes, or until cut-side is charred. Flip and cook 1-2 more minutes, or until bok choy is crisp tender.



Plate the Dish

Arrange **miso-ginger vegetables** and **charred bok choy** on plate. Top with **salmon** and garnish with green parts of **green onions** and **sesame seeds**.