



In your box

2 tsp. Miso Paste
2 Green Onions
12 oz. Broccoli Florets
½ fl. oz. Toasted Sesame Oil
2 Garlic Clove
12 oz. Salmon Fillets
1 fl. oz. Ponzu Sauce
½ fl. oz. Honey
1 tsp. Sriracha



Miso-Ponzu Salmon and roasted sesame broccoli

NUTRITION per serving—Calories: 620, Carbohydrates: 20g, Fat: 44g, Protein: 39g, Sodium: 1690mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
3 days

Difficulty Level 
Easy

Spice Level 
Mild

🕒 You will need

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

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **miso paste, green onions**



1

Roast the Broccoli

- Toss **broccoli florets** with **sesame oil**, half the **miso paste** (reserve remaining for sauce), 1 Tbsp. **olive oil**, and ½ tsp. **salt** on prepared baking sheet. Massage oil into broccoli.
- Spread into a single layer and roast in hot oven until lightly browned, 14-16 minutes.
- While broccoli roasts, prepare ingredients.



2

Prepare the Ingredients

- Trim and thinly slice **green onions**.
- Mince **garlic**.
- Pat **salmon fillets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



3

Make the Sauce

- Combine **ponzu sauce, honey**, remaining **miso paste, Sriracha** (to taste), half the **green onions** (reserve remaining for garnish), **garlic**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper** in a mixing bowl. Stir until miso paste is dissolved.
- Set aside.



4

Cook the Salmon

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **salmon**, skin side up, to hot pan. Cook undisturbed until browned, 4-6 minutes.
- Flip and cook until firm and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes.
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, serving **sauce** with **salmon** and garnishing with remaining **green onions**. Bon appétit!