

Sweet Asian BBQ Salmon

We adore the dark, tangy-sweet flavor of Asian BBQ sauce. We're pairing it with seared salmon, sautéed carrots and green cabbage for a dinner that's fresh, tasty, and on the table in just 15 minutes.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Cabbage & Carrots
- Salmon
- Sweet BBQ Sauce
- Ginger Dressing
- Sesame Seeds

Good To Know

Want to spice it up? Add sriracha or gochujang to the sauce. Both are great ways to dial up the heat.

Our salmon is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Health snapshot per serving – 550 Calories, 14g Fat, 70g Carbs, 40g Protein and 12 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Salmon, Cabbage, Carrots, Yellow Onion, Mae Ploy Sauce, Celery, Honey, Tamari, Garlic, Ginger, Crushed Red Pepper, Brown Sugar, Sesame Oil, Rice Wine Vinegar, Ketchup, Sugar, Lemon, Sesame Seeds

*meez*meals

1. Sauté the Veggies

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Cabbage & Carrots** and cook until they start to soften, 1 to 2 minutes. Remove from the pan, place in a mixing bowl, and toss with two-thirds of the **Ginger Dressing** (the lighter colored orange sauce). Add additional dressing to taste.

2. Cook the Salmon

Wipe out the skillet and heat 2 Tbsp of oil in over medium-high heat. Dry the **Salmon** with a paper towel and when the oil is hot, cook until it turns brown, about 3 minutes. Flip and add the **Sweet BBQ Sauce** (the darker brown sauce) and cook the other side for 3 additional minutes, while spooning the sauce on top of the salmon. The sauce should thicken enough to be able to coat the back of a spoon.

3. Put It All Together

Serve the salmon over the veggies and drizzle a bit of the sauce from the pan on top. Sprinkle with the **Sesame Seeds**, serve and enjoy!