

Miso Butter Salmon over Tamari-Ginger Rice

This dinner is all about layered flavor and quiet sophistication. Seared salmon is finished with rich miso butter, then served over tamari-ginger rice with lightly charred vegetables. It's comforting, polished, and restaurant-worthy — all ready in just 20 minutes.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Tamari-Ginger Sauce
Salmon
Miso Butter
Asian Veggies

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of jasmine rice, reducing the **carbs per serving to 33g**. Skip steps 1 and 2. Prior to step 3 heat 1 tbsp olive oil in a large skillet over medium high heat. Cook the cauliflower until seared, about 3 to 4 minutes. Remove from the heat and add the sauce. Use in place of the rice.

Health snapshot per serving – 590 Calories, 23g Fat, 72g Carbs, 25g Protein, and 17 Freestyle Points.

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

INGREDIENTS: Salmon, Jasmine Rice, Snow Peas, Baby Corn, Carrot, Cabbage, Butter, Rice Wine Vinegar, Miso, Brown Sugar, Tamari, Sugar, Mirin, Green Onion, Ginger, Sesame Oil.

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1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine rice** to the boiling water and cook until tender, about 10 to 12 minutes. Drain well and immediately combine with the **Tamari-Ginger Sauce** in the saucepan. Stir until the rice is well coated, cover and set aside until step 5.

3. Cook the Salmon

While the rice is cooking, pat dry the **Salmon** with a paper towel and sprinkle each side with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom is seared, about 3 to 4 minutes. Flip and cook until the second side is brown, an additional 3 to 4 minutes. Remove from the skillet and immediately spread the **Miso Butter** on the top of each filet. Wipe out the skillet.

4. Cook the Asian Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Asian Veggies** and cook until the pea pods char and carrots soften, about 5 minutes. Remove from the heat.

5. Put It All Together

Serve the charred Asian veggies on top of the tamari-ginger rice followed by the miso-butter salmon. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois