

# Sesame Ginger Salmon

A super-simple dish we just love. It all starts with a sesame and ginger glaze that gives an Asian flair to salmon and roasted broccoli. Served over brown rice and topped with honey-glazed walnuts, it's a hands-free dinner you'll go crazy for.

**40** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Sauce Pan  
Mixing Bowl  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Brown Rice  
Broccoli Florets  
Salmon  
Sesame Glaze  
Green Onion & Sesame  
Walnuts

## Make The Meal Your Own

**If you ordered the carb conscious version**, you received cauliflower instead of brown rice, reducing the **carbs per serving to 31g**. In step 3 cook the cauliflower just like the broccoli (you may need a second baking sheet). Place the cauliflower directly on serving plates along with the broccoli.

## Good To Know

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

**Be sure to save some glaze for the end**, you can add as much or as little as you like to get it just the way you want it to taste.

**Health snapshot per serving** – 700 Calories, 40g Fat, 48g Carbs, 47g Protein and 13 Freestyle Points.

**Lighten Up snapshot per serving** – 585 Calories, 29g Fat, and 10 Freestyle Points with half the walnuts.

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

INGREDIENTS: Brown Rice, Salmon, Broccoli, Honey, Sesame Oil, Tamari, Ginger Puree, Green Onions, White Sesame Seeds, Black Sesame Seeds, Walnuts

meez *meals*

## 1. Getting Organized

Preheat oven to 400 and bring a pot of water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until tender, about 25 to 30 minutes. Drain the rice, fluff with fork and cover and let it steam for a few minutes before serving.

*We cook our rice like pasta so cover the rice with plenty of water.*

## 2. Marinating the Salmon

While the rice is cooking, pat the **Salmon** fillets dry with a paper towel and place in a shallow dish or bowl. Take about 1/3 of the **Sesame Glaze** and cover the salmon. Let marinate for 5 minutes.

*We put the opened glaze bag in a glass, so it stays upright until needed.*

## 3. Preparing the Broccoli, Walnuts, and Salmon

When the salmon has marinated for 5 minutes, place it in the center of a baking sheet. In a separate bowl toss the **Broccoli** with 1 tablespoon olive oil, salt and pepper and place it on the baking sheet to the left of the salmon.

Spoon 1 tablespoon of **Sesame Glaze** into the container with the **Walnuts** and mix thoroughly so walnuts are well coated. Place coated walnuts to the right of the salmon. Bake in the oven for 10 minutes, pull the baking sheet from oven. Remove just the walnuts and place them in the bowl you used for the broccoli and set aside.

*Check on the walnuts very couple minutes to ensure they don't burn.*

Spoon additional glaze on the salmon to cover the top. Turn the oven to broil setting and move baking sheet to top rack. Continue to cook the **Broccoli** and **Salmon** until they have a nice crispy exterior, about 3 to 5 minutes.

## 4. Putting It All Together

Put the brown rice on a plate, top with broccoli and then the salmon. Drizzle the remaining sesame glaze. Garnish with the glazed walnuts and **Green Onions & Sesame** and enjoy!

*It is important to watch the salmon and broccoli while broiling so they don't burn.*