

Black Sesame Salmon and Miso Maple Sauce



with Zesty Rice, Baby Corn and Tenderstem®

Salmon Special 30-35 Minutes • Medium Spice • 1 of your 5 a day











Salmon Fillet







Skin-On





Black Sesame

Seeds

Tenderstem® Broccoli

Sambal Paste



Baby Corn







Miso Paste



Maple Syrup



Unsalted Butter



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, lid, garlic press, baking tray, fine grater, frying pan and bowl.

Ingredients

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Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Garlic Clove**	3	5	6
Salmon Fillet Skin-On** 4)	2	3	4
Black Sesame Seeds 3)	5g	7g	10g
Lime**	1/2	3/4	1
Tenderstem® Broccoli**	80g	150g	150g
Baby Corn**	60g	90g	120g
Sambal Paste	30g	45g	60g
Miso Paste 11)	15g	22g	30g
Maple Syrup	1 sachet	11/2 sachets	2 sachets
Unsalted Butter** 7)	20g	30g	40g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	75ml	100ml	150ml

^{*}Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	315g	100g
Energy (kJ/kcal)	2909 /695	923/221
Fat (g)	28.3	9.1
Sat. Fat (g)	9.2	2.9
Carbohydrate (g)	74.8	23.7
Sugars (g)	9.6	3.1
Protein (g)	30.5	9.7
Salt (g)	1.25	0.4

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 4) Fish 7) Milk 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut. nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

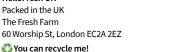
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Cook the Rice

Preheat your oven to 220°C/200°C fan/gas mark 7. Keep the **butter** in the fridge.

Pour the water for the rice (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the rice and 1/4 tsp salt and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Bring on the Salmon

While the rice cooks, peel and grate the garlic (or use a garlic press).

Lay the salmon fillets, skin-side down, onto a lined baking tray with a drizzle of oil and half the garlic. Season with salt and pepper, and rub evenly to coat the salmon.

Sprinkle the **black sesame seeds** on top of the salmon. IMPORTANT: Wash your hands and equipment after handling raw fish.



Roast and Zest

When the oven is hot, roast the salmon on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.

Meanwhile, zest and halve the lime.



Steam-Fry the Veg

Halve any thick **broccoli stems** lengthways. Halve the baby corn widthways.

Heat a large frying pan on a medium-high heat with a drizzle of oil. Once hot, add the Tenderstem® and baby corn. Stir-fry for 2-3 mins.

Add the remaining garlic and cook for 30 secs. Add a splash of water, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more. Season with salt and pepper.

Transfer the **veg** to a bowl and cover to keep warm.



Emulsify the Sauce

Pop the frying pan back on medium-high heat. Add the water for the sauce (see pantry for

amount), sambal (add less if you prefer things milder), miso and maple syrup to the pan. Combine well, then bring to a boil and cook until reduced by half, 3-5 mins. Remove from the heat.

Stir the **butter** into the **sauce** until melted. Season with lime juice, salt and pepper. Add a splash of water if needed.



Serve Up

Once cooked, fluff up the rice with fork, stir through the **lime zest**, then share between your bowls.

Top with the **black sesame salmon** and spoon the miso maple sauce over the salmon.

Serve the **stir-fried veg** alongside. Cut any remaining lime into wedges for squeezing over.

Enjoy!