

Bang Style Salmon Skewers

with Sesame and Coriander

Special Sides 15-20 Minutes • Medium Spice









Bamboo Skewers



Sweet Chilli Sauce



Coriander



Salmon Fillets

Black Sesame Seeds



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, bowl, baking paper and baking tray.

Ingredients

Ingredients	Quantity	
Bamboo Skewers	2	
Hot Sauce	50g	
Sweet Chilli Sauce	48g	
Salmon Fillets** 4)	2	
Coriander**	½ bunch	
Black Sesame Seeds 3)	5g	

Pantry	Quantity	
Butter*	2 tsp	
Mayonnaise*	1 tbsp	

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

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	162g	100g
Energy (kJ/kcal)	1437 /343	887 /212
Fat (g)	22.4	13.9
Sat. Fat (g)	3.7	2.3
Carbohydrate (g)	15.1	9.3
Sugars (g)	12.4	7.7
Protein (g)	21.3	13.1
Salt (g)	1.00	0.62

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

Allergens

3) Sesame 4) Fish

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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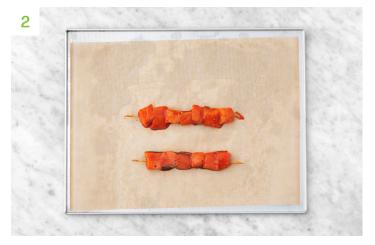
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Make the Bang Bang Style Sauce

- a) Preheat your oven to 220°C/200°C fan/gas mark 7.
- **b)** Soak **2 skewers** in cold **water** (this will prevent them from burning). **TIP**: Keep the remaining skewers for another recipe.
- c) In a medium saucepan on medium heat, combine the **hot sauce** (add less if you'd prefer things milder), **sweet chilli sauce** and **butter** (see pantry for amount) until melted, 1-2 mins. Set aside.



Prep the Skewers

- a) Cut the salmon fillets into chunks and pop into a medium bowl.
- **b)** Add **half** the **bang bang style sauce** to the bowl of **salmon** and mix to coat in the **sauce**.
- **c)** Thread the **salmon** onto the **skewers**, then lay the **skewers** in a single layer on a lined baking tray.
- **d)** Bake on the top shelf until cooked through, 10-15 mins. **IMPORTANT**: Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Finish and Serve

- **a)** Meanwhile, roughly chop **half** the **coriander** (stalks and all). **TIP**: Keep the remaining coriander for another recipe.
- **b)** Once cooked, pop the **bang bang style salmon skewers** onto a sharing platter.
- c) Sprinkle over the sesame seeds and the chopped coriander.
- **d)** Drizzle over the **mayo** (see pantry for amount). Serve the remaining **bang bang sauce** in a small bowl alongside for dipping.

Enjoy!