



Bang Bang Style Salmon Skewers

with Sesame and Coriander

Special Sides 15-20 Minutes • Medium Spice

1A

Find all your unchilled Market items in bag A.



Bamboo Skewers



Hot Sauce



Sweet Chilli Sauce



Salmon Fillets



Coriander



Black Sesame Seeds

Pantry Items

Butter, Mayonnaise

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 for uncooked ingredient | Per serving | Per 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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1



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.

2



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.

3



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!