



Spicy Salmon Skewers Side Dish

with Black Sesame Seeds and Coriander

A Taste of Vietnam 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



Skewers are a popular method of cooking meat in Vietnamese cuisine, including examples such as nem lụi (pork on lemongrass skewers), nem nướng (grilled pork meatballs or sausages) and chạo tôm (shrimp paste on a sugar cane skewer). This twist skewers succulent salmon marinated in a spicy sauce. Scatter over sesame seeds and coriander for a fragrant finish reminiscent of the flavours of Vietnam.

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

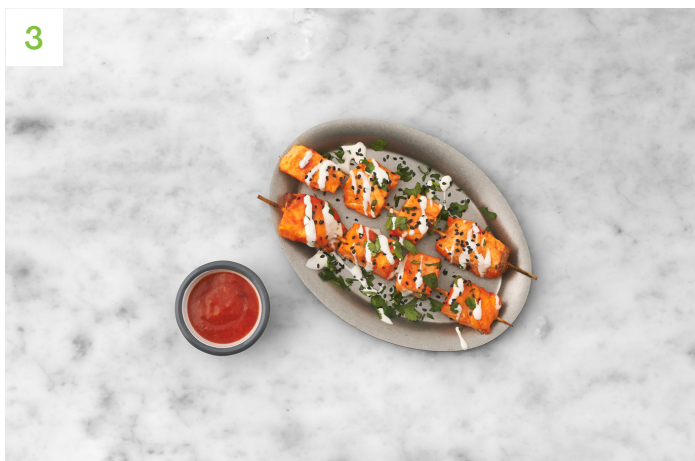
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Make the Spicy Sauce

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 your **spicy sauce** for now.

Prep the Skewers

a) Cut the **salmon fillets** into 3cm chunks and pop into a medium bowl.

b) Add **half** the **spicy 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 **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 **spicy sauce** in a small bowl alongside for dipping.

Enjoy!