



# Black Sesame Salmon and Honey Miso Sauce with Zesty Rice, Baby Corn and Tenderstem®

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



Jasmine Rice



Garlic Clove



Salmon Fillet  
Skin-On



Black Sesame  
Seeds



Lime



Tenderstem® Broccoli



Baby Corn



Sambal



Miso Paste



Honey



Unsalted Butter

**Pantry Items**  
Oil, Salt, Pepper

## 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, arlic press, baking tray, fine grater, frying pan and bowl.

## Ingredients

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**	½	¾	1
Tenderstem® Broccoli**	80g	150g	150g
Baby Corn**	60g	90g	120g
Sambal	30g	45g	60g
Miso Paste 11)	15g	22g	30g
Honey	15g	22g	30g
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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2924 / 699	928 / 222
Fat (g)	28.3	9.0
Sat. Fat (g)	9.0	2.9
Carbohydrate (g)	75.7	24.0
Sugars (g)	11.0	3.5
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.


## Contact

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## 1 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 **¼ 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).



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

Transfer the **veggies** to a bowl, cover to keep warm.



## 2 Marinate 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.



## 5 Emulsify the Sauce

Pop the frying pan back on medium-high heat.

Stir the **water for the sauce** (see pantry for amount), **sambal** (add less if you prefer things milder), **miso** and **honey** into the pan. Bring to a boil and cook until reduced by half, 3-5 mins. Remove from the heat. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

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

Once cooked, fluff up the **rice** with a fork and stir through the **lime zest**.



## 3 Roast and Zest

When the oven is hot, roast the **salmon** on the top shelf until cooked through, 10-15 mins.

**IMPORTANT:** It's cooked when opaque in the middle.

Meanwhile, zest and halve the **lime**.



## 6 Serve Up

Share the **zesty rice** between your bowls.

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

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

## Enjoy!