



Teriyaki Sriracha Salmon and Ginger Rice Bowl

with Pak Choi, Pickled Radishes and Spring Onion

Salmon Special 35-40 Minutes • Mild Spice • 2 of your 5 a day

32



Ginger Puree



Basmati Rice



Teriyaki Sauce



Sriracha



Salmon Fillet
Skin-On



Roasted White
Sesame Seeds



Radishes



Rice Vinegar



Spring Onion



Pak Choi



Tenderstem® Broccoli



Garlic Clove

Pantry Items

Oil, Salt, Pepper, Sugar

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, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Ginger Puree	15g	22g	30g
Basmati Rice	150g	225g	300g
Teriyaki Sauce 11)	75g	125g	150g
Sriracha	30g	45g	60g
Salmon Fillet Skin-On** 4)	2	3	4
Roasted White Sesame Seeds 3)	5g	7g	10g
Radishes**	100g	150g	200g
Rice Vinegar	15ml	22ml	30ml
Spring Onion**	2	3	4
Pak Choi**	1	1½	2
Tenderstem® Broccoli**	80g	150g	200g
Garlic Clove**	2	3	3
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for Pickling*	1½ tsp	2 tsp	3 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 425g	Per 100g 100g
Energy (kJ/kcal)	2743 / 656	645 / 154
Fat (g)	18.3	4.3
Sat. Fat (g)	3.4	0.8
Carbohydrate (g)	82.9	19.5
Sugars (g)	19.6	4.6
Protein (g)	32.7	7.7
Salt (g)	3.36	0.79

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

Allergens

3) Sesame **4)** Fish **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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The Fresh Farm
60 Worship St, London EC2A 2EZ

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1



Cook the Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.
Heat a drizzle of **oil** in a medium saucepan with a tight-fitting lid. Once hot, add the **ginger puree** and season with **salt**. Stir-fry until fragrant, 1-2 mins.

Add the **rice** and toast for 1 min, then pour in the **water for the rice** (see pantry for amount) and bring to a 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



Stir-Fry the Veg

Heat a drizzle of **oil** in medium frying pan on medium-high heat.

Once hot, add the **garlic** and fry for 1 min.

Add the **Tenderstem®** and **pak choi** and stir-fry for 2-3 mins.

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**.

Once the **veg** is cooked, transfer to a bowl and cover to keep warm.

2



Glaze the Salmon

Meanwhile, in a medium bowl, mix together the **teriyaki sauce** and **sriracha**.

Lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**.

Using the back of a spoon, brush enough **teriyaki sriracha sauce** over the **salmon** to coat all sides. Set aside the remaining **sauce** for later. Sprinkle over **half** of the **roasted sesame seeds**.

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

IMPORTANT: Wash your hands and equipment after handling raw fish. The salmon is cooked when opaque in the middle.

5



Simmer the Sauce

Wipe out the (now empty) frying pan and pop on medium-high heat (no oil).

Once hot, pour in the **water for the sauce** (see pantry for amount), the remaining **teriyaki sriracha sauce** from your bowl and the remaining **sesame seeds**. Bring to the boil and simmer the **sauce** until thickened, 2-3 mins.

Meanwhile, once the **salmon** is cooked, gently peel off the skin and discard.

3



Make your Radish Pickle

Meanwhile, trim and thinly slice the **radishes**.

Pop the **radishes** into a medium bowl with the **rice vinegar** and **sugar for pickling** (see pantry for amount). Add a pinch of **salt**, mix together and set aside to pickle.

In the meantime, trim and thinly slice the **spring onion**. Trim the **pak choi**, then thinly slice widthways.

Halve any thick **broccoli stems** lengthways. Peel and grate the **garlic**.

6



Finish and Serve

When everything's ready, fluff up the **rice** with a fork and stir through **half** of the **spring onion** and the **pickling liquid** from the **radishes**.

Share the **rice** between your bowls, then spoon over the **teriyaki sriracha sauce** from your pan. Top with the **garlicky veg**, **pickled radishes** and **glazed salmon fillet** in separate sections.

Sprinkle the remaining **spring onion** over the top to finish.

Enjoy!