

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











Garlic Clove

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	11/2	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	Per serving	Per 100g
for uncooked ingredient	425g	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

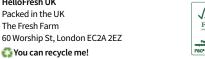
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Cook the Rice

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).



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.



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.



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.



Simmer the Sauce

Wipe out the (now empty) frying pan and 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.



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!