



More than Food

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Crispy Pan-Seared Salmon

with Baby Bok Choy, Cilantro-Wasabi Dressing, and Ginger-Infused Brown Rice

In this dish, wasabi's pungent bite is mellowed by a creamy, citrusy dressing. Served atop rich, flaky salmon, it's an ideal combination. Cooking brown rice with soy sauce infuses umami flavor into this hearty grain.



40 min



level 2



make me first



nut free



gluten free



dairy free



Salmon Fillets, skin on



Baby Bok Choy



Lime



Ginger



Cilantro



Garlic



Brown Rice



Soy Sauce



Wasabi Paste



Mayonnaise

Ingredients

		2 People	4 People
Salmon Fillets, skin on	1)	12 oz	24 oz
Baby Bok Choy		2	4
Lime		1	2
Ginger		1 thumb	2 thumbs
Cilantro		½ oz	1 oz
Garlic		1 clove	2 cloves
Brown Rice		½ C	1 C
Soy Sauce	2)	1½ t	1 T
Wasabi Paste 	2)	¼ t	½ t
Mayonnaise	3)	1 T	2 T
Olive Oil*		2 t	1 T + 1 t

*Not Included

Allergens

- 1) Fish
- 2) Soy
- 3) Eggs

Tools

Small Pot, Small Bowl,
Baking Sheet, Large Pan,
Zester, Grater

Ruler

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Nutrition per person Calories: 652 cal | Carbs: 46 g | Fat: 35 g | Protein: 41 g | Fiber: 4 g | Sodium: 307 mg

Make sure to wash and dry produce before prepping or cooking!

2



1 Preheat the oven to 350 degrees. Peel and thinly slice the **ginger**. Bring **1¼ cups water**, the **brown rice**, the **ginger** and the **soy sauce** to a boil in a small pot. Reduce to a simmer, cover, and cook for 30-35 minutes, until tender. Discard the **ginger**.

3



2 Finely chop the **cilantro**, reserving a few leaves for garnish. Zest and halve the **lime**. Cut one **lime half** into wedges. Grate **1 clove garlic** into a paste. Alternately, mince the **garlic** and smash it against your cutting board with the side of your knife. Save the other clove for another day!

3 Make the **cilantro-wasabi dressing**: In a small bowl, combine the **cilantro**, **garlic**, **lime zest**, **1 Tablespoon mayonnaise**, the **juice of half a lime**, and **wasabi paste** (to taste, start with ¼ teaspoon and go up from there). Thin to a dressing-like consistency with about **1 Tablespoon water**, then season with **salt** and **pepper**.

4



4 **Roast the bok choy**: Halve the **bok choy** lengthwise. Lay the bok choy cut-side down on a lightly oiled baking sheet. Drizzle with **oil** and season with **salt** and **pepper**. Place in the oven to roast for 7-10 minutes, until softened.

5



5 **Cook the salmon**: With 10 minutes left on the rice, heat a drizzle of **oil** in a large pan over medium-high heat. Pat the **salmon** dry with a paper towel and season on all sides with **salt** and **pepper**. Add the **salmon** fillets gently into the pan, skin side down, and cook for 5-6 minutes, until the skin is crispy and golden brown. Reduce the heat to medium, flip the salmon, and cook for 3-4 minutes, until opaque.

6 When the **rice** is ready, plate and top with the **salmon** and **bok choy**. Drizzle with the **cilantro-wasabi dressing** and garnish with the **reserved cilantro leaves** and **lime wedges**. Enjoy!