



SPEEDY SESAME SALMON RICE BOWLS

FAST & FRESH

Creamy Cilantro Cucumber Relish

BOX TO PLATE: 15 MINUTES

HELLO

FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

BUST OUT

2 PERSON | 4 PERSON

- Paper towels
- Plastic wrap
- Large pan
- Small bowl
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!



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CALORIES: 730

1 SIZZLE



10 oz | 20 oz
Salmon
Contains: Fish

- Wash and dry produce.
- Pat **salmon*** dry. Season all over with **salt** and **pepper**.
- Drizzle **oil** in a hot large, preferably nonstick, pan. Cook **salmon**, skin sides down, until skin is crisp, 5-7 minutes. Flip; cook until cooked through, 1-2 minutes more. Transfer to a plate. **TIP:** While salmon cooks, move on to the next step!



3 PREP



1 | 2
Mini Cucumber



¼ oz | ½ oz
Cilantro



1 | 2
Lime

- Meanwhile, finely dice **cucumber**. Roughly chop **cilantro**. Quarter **lime**.



2 ZAP



1 | 2
Microwavable Rice



1 TBSP | 2 TBSP
Sesame Seeds
Contains: Sesame



1 tsp | 2 tsp
Garlic Powder

- Empty **rice** into a large microwave-safe bowl (**breaking up rice with your hands**).
- Add **half the sesame seeds, half the garlic powder, 1 TBSP butter (2 TBSP for 4), salt, and pepper**.
- Cover with plastic wrap; microwave 90 seconds. Fluff with a fork.



4 SERVE



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk

- In a small bowl, mix **sour cream, crème fraîche, cucumber, cilantro, remaining garlic powder, and juice from half the lime**. Season with **salt** and **pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.
- Place **salmon** alongside **sesame rice**. Drizzle **salmon** with **creamy cilantro cucumber relish**. Garnish with **remaining sesame seeds**. Serve with **remaining lime wedges** on the side.



*Salmon is fully cooked when internal temperature reaches 145°.