



# Jerk Spiced Salmon and Farro Bowl

with Pineapple Coleslaw

Carb Smart

25 Minutes



Salmon Fillets, skinless



Coleslaw Cabbage Mix



Lime



Jerk Spice Blend



Green Onions



Pineapple, spears



Farro

HELLO FARRO

*An ancient grain with nutty chewy texture!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust Out

Baking sheet, microplane/zester, measuring spoons, strainer, medium pot, large bowl, parchment paper, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Coleslaw Cabbage Mix	170 g	340 g
Lime	1	2
Jerk Spice Blend	1 tbsp	2 tbsp
Green Onions	2	4
Pineapple, spears	95 g	190 g
Farro	½ cup	1 cup
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



### Cook farro

Add **farro** and **3 cups water** (dbl for 4 ppl) to a medium pot. Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cook, uncovered, until **farro** is tender, 14-16 min. When **farro** is done, drain and set aside.



### Make coleslaw

While the **salmon** bakes, whisk together **1 ½ tbsp lime juice**, **2 ½ tbsp oil** (dbl both for 4 ppl) and **half the lime zest** in a large bowl. Season with **salt** and **pepper**. Add **pineapple**, **coleslaw** and **half the green onions**. Toss to combine.



### Prep

While the **farro** cooks, cut **pineapple** into ½-inch pieces. Zest, then juice **lime**. Thinly slice **green onion**. Pat **salmon** dry with paper towels. Season with **salt** and **pepper**. Drizzle **1 tbsp oil** (dbl for 4 ppl) over **salmon** and sprinkle with **Jerk Seasoning**. Rub **oil** and **seasoning** all over **salmon**.



### Finish Farro

Add **1 tbsp butter** (dbl for 4 ppl) and **remaining lime zest** to the **farro**. Stir until **butter** has melted. Season with **salt**.



### Bake Salmon

Heat a large non-stick pan over medium-high heat. When hot, add **salmon**. Cook, until golden, flipping halfway through, 2-3 min. Transfer **salmon** to a parchment-lined baking sheet. Bake in the **middle** of the oven until **salmon** is cooked through, 6-8 min.\*\*



### Finish and Serve

Break **salmon** into large flakes with two forks. Divide **farro** between bowls. Add **coleslaw** and **salmon** alongside. Sprinkle with **remaining green onions**.

## Dinner Solved!