



MUSTARD SOY SALMON

with Pickled Scallions, Ginger Rice & Zesty Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 Thumb | 1 Thumb
Ginger



2 | 2
Scallions



1 | 1
Lime



½ Cup | 1 Cup
Jasmine Rice



5 tsp | 5 tsp
White Wine
Vinegar



4 TBSP | 8 TBSP
Sweet Soy
Glaze
Contains: Soy,
Wheat



2 tsp | 4 tsp
Dijon Mustard



10 oz | 20 oz
Salmon
Contains: Fish



1 TBSP | 1 TBSP
Sesame Seeds



1 tsp | 1 tsp
Sriracha



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WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.

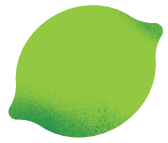


12 oz | 24 oz
Cauliflower Rice

Calories: 770



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 900



HELLO FRESH

HELLO

PICKLED SCALLIONS

These tangy alliums add complexity to this Asian-inspired dish.

A CUT ABOVE

When prepping your carrots, do your best to cut them into same-size pieces to help them roast evenly—and look great to boot!

BUST OUT

- Peeler
- Zester
- Baking sheet
- Small pot
- 2 Small bowls
- Paper towels
- Large pan

- Kosher salt
 - Black pepper
 - Cooking oil (1 TBSP | 1 TBSP)
 - Butter (2 TBSP | 3 TBSP)
- Contains: Milk

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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and halve **carrots** lengthwise; cut into 3-inch-long, ½-inch-thick pieces. Peel and mince or grate **ginger**. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lime**.



4 MAKE PICKLES & SAUCE

- While rice cooks, in a small bowl, combine **scallion whites**, **vinegar**, and a **pinch of salt**. Set aside to pickle.
- In a separate small bowl, combine **sweet soy glaze**, **mustard**, **remaining ginger**, and a **squeeze of lime juice**.



2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of oil**, **salt**, and **pepper**.
- Roast on top rack until browned and tender, 20-25 minutes.
- Cover to keep warm.



5 COOK FISH

- Pat **salmon*** dry with paper towels. Season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add salmon, skin sides down; cook until skin is lightly browned and crispy, 5-7 minutes. Carefully flip and cook until fish is opaque and cooked through, 1-2 minutes more.
- Add **sauce** to pan; turn salmon to thoroughly coat. Remove pan from heat.



3 COOK RICE

- Meanwhile, melt **1 TBSP butter** in a small pot over medium-high heat. Add **half the ginger**; cook, stirring, until fragrant, 30 seconds.
- Stir in **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil; cover and reduce to a low simmer. Cook until tender, 15-18 minutes.
- Keep covered off heat until ready to serve.
- After cooking **ginger**, stir in **cauliflower rice (no need to drain)**, a **big pinch of salt**, and **pepper**. Cook, stirring occasionally, until tender and any excess liquid has absorbed, 6-8 minutes. **(Save jasmine rice for another use.)**



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)** and season with **salt** and **pepper**.
- Toss **carrots** with **lime zest** to taste.
- Divide rice, carrots, and **salmon** between plates; drizzle salmon with any **remaining sauce**. Top with **pickled scallion whites**, **scallion greens**, and **sesame seeds**. Drizzle with as much **Sriracha** as you like. Serve with **remaining lime wedges** on the side.

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