

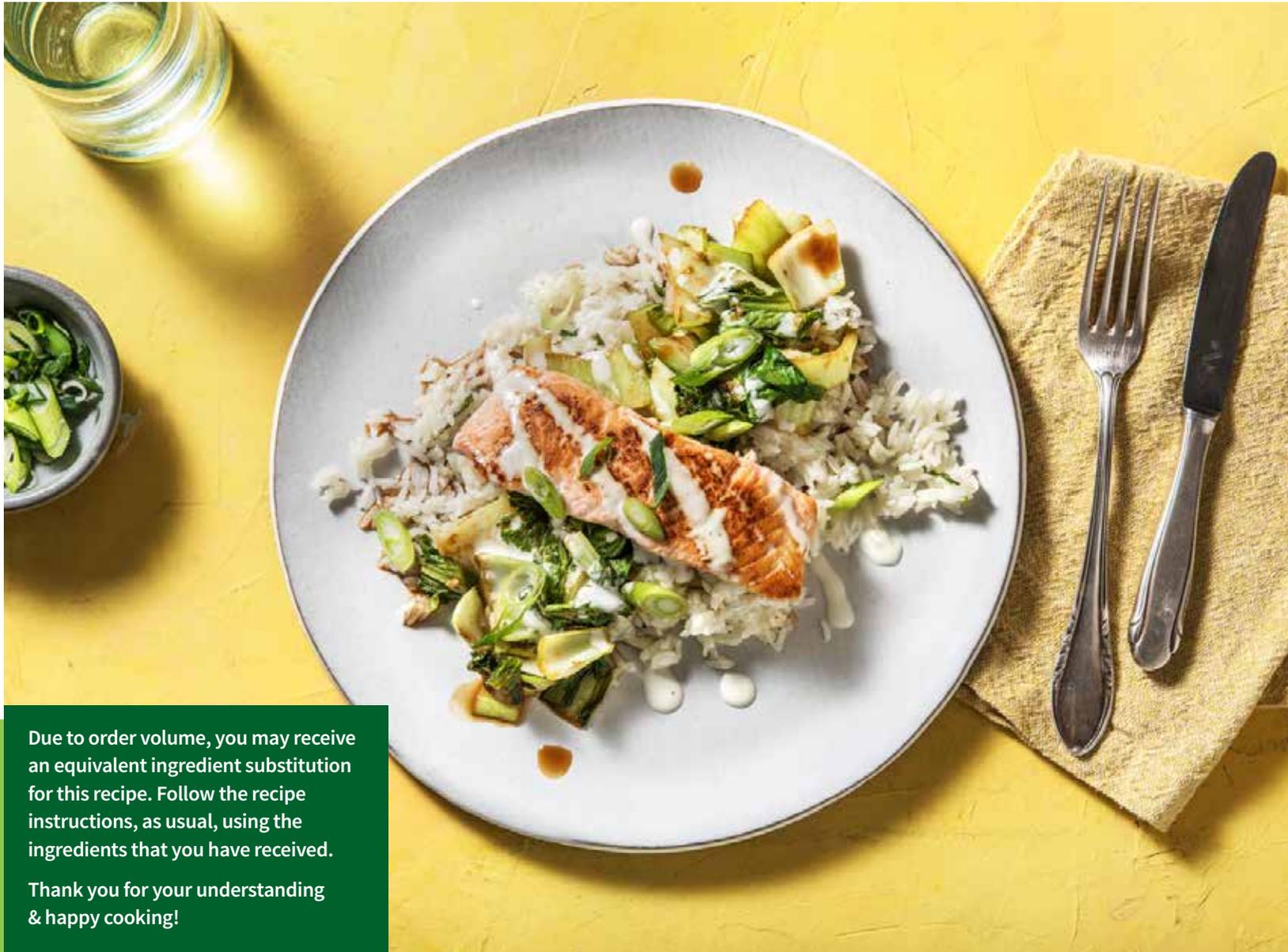


# Pan-Fried Salmon with Soy-Glazed Bok Choy

## Wasabi Mayo and Ginger-Infused Jasmine Rice

PRONTO

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Salmon Fillets, skinless



Jasmine Rice



Shanghai Bok Choy



Garlic



Ginger



Wasabi Paste



Soy Sauce-Mirin Blend



Honey



Green Onions



Mayonnaise

HELLO WASABI

Wasabi goes beyond sushi and adds a bit of heat to this salmon dish

# START HERE

Before starting, wash and dry all produce.

## Bust Out

Grater, Measuring Cups, 2 Small Bowls, Garlic Press, Large Non-Stick Pan, Measuring Spoons, Paper Towels, Medium Pot

## Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Jasmine Rice	¾ cup	1 ½ cup
Shanghai Bok Choy	227 g	454 g
Garlic	6 g	12 g
Ginger	30 g	60 g
Wasabi Paste 🍷	1 tsp	1 tsp
Soy Sauce-Mirin Blend	¼ cup	½ cup
Honey	4 tsp	6 tsp
Green Onions	2	4
Mayonnaise	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
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.*

## Contact

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## 1. PREP

Cut **bok choy** into 1-inch pieces. Thinly slice **green onions**. Peel, then grate **1 tbsp ginger** (dbl for 4 ppl). Peel, then mince or grate **garlic**. Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.



## 4. COOK SALMON

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry, until golden-brown and cooked through, 1-2 min per side.\*\*



## 2. COOK RICE

Heat a medium pot over medium heat. Add **1 tbsp oil** (dbl for 4 ppl), then **half the green onions** and **half the ginger**. Cook, stirring often, until fragrant, 1 min. Add **rice** and **1 ½ cups water** (2 ½ cups for 4 ppl). Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## 5. COOK BOK CHOY

When **salmon** is cooked through, transfer to a plate and set aside. Using the same pan, reduce heat to medium-low. Add **bok choy** and **glaze**. Cook, stirring often, until tender-crisp, 1-2 min.



## 3. MAKE MAYO & GLAZE

While **rice** cooks, stir together **mayo**, **1 tsp water**, **½ tsp sugar** and **½ tsp wasabi paste** (dbl all for 4 ppl) in a small bowl. Set aside. (**NOTE:** This is your wasabi mayo!) Combine **soy sauce-mirin blend**, **garlic**, **honey**, **remaining ginger** and **3 tbsp water** (dbl for 4 ppl) in another small bowl. Set aside. (**NOTE:** This is your glaze!)



## 6. FINISH AND SERVE

Fluff **rice** with a fork, then stir in **remaining green onions**. Season with **salt**. Divide **rice** and **bok choy** between bowls. Top with **salmon** and spoon over any **remaining glaze** from the pan. Drizzle over some **wasabi mayo** to taste.

# Dinner Solved!