



Roasted Salmon and Green Thai Style Curry with Tenderstem® Broccoli and Pak Choi

30

Premium 30-35 Minutes • Mild Spice • 1 of your 5 a day



Tenderstem® Broccoli



Pak Choi



Lime



Jasmine Rice



Salmon Fillet



Green Thai Curry Paste



Coconut Milk

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Fine grater, saucepan, lid, baking tray, baking paper and bowl.

Ingredients

Ingredients	2P	3P	4P
Tenderstem® Broccoli**	80g	150g	150g
Pak Choi**	1	2	2
Lime**	½	¾	1
Jasmine Rice	150g	225g	300g
Salmon Fillet** 4)	2	3	4
Green Thai Curry Paste	2 sachets	3 sachets	4 sachets
Coconut Milk	200ml	300ml	400ml

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	396g	100g
	2588 /618	654 /156
Fat (g)	28.1	7.1
Sat. Fat (g)	17.6	4.4
Carbohydrate (g)	71.1	18.0
Sugars (g)	5.9	1.5
Protein (g)	20.6	5.2
Salt (g)	2.10	0.53

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Cut the **Tenderstem® broccoli** into thirds. Trim the **pak choy**, then thinly slice widthways.

Zest and halve the **lime**.



Make your Curry Sauce

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **green Thai curry paste** and stir-fry for 1 min.

Stir in the **coconut milk**, **sugar** and **water for the sauce** (see ingredients for both amounts). Season with **salt** and **pepper**. Bring to the boil, then lower the heat and simmer until slightly thickened, 4-5 mins.



Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Add the Veg

Once thickened, add the **broccoli** to the **curry** and simmer for 3 mins.

Add the **pak choy**, then stir together and cook until the **veg** is tender, 2 mins more.

Squeeze in some **lime juice**, then taste and season with **salt**, **pepper** and more **lime juice** if needed.



Roast the Salmon

After the **rice** has cooked for 5 mins, lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**.

When the oven is hot, roast the **salmon** on the middle shelf until cooked through, 12-15 mins.

IMPORTANT: Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



Finish and Serve

When everything is ready, fluff up the **rice** with a fork and stir through the **lime zest**. Share between your bowls.

Spoon the **green Thai style curry** alongside the **rice**, then top with the **salmon**.

Serve with the remaining **lime** cut into **wedges** for squeezing over.

Enjoy!