



Sesame Crusted Salmon

with Jasmine Rice and Asian Tomato Salsa

Classic 30 Minutes • 1 of your 5 a day



Baby Plum Tomatoes



Coriander



Lime



Bok Choy



Jasmine Rice



Salmon fillet



Honey



Sesame Seeds



Soy Sauce



Sesame Oil



Mirin

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Bowl, Measuring Jug, Saucepan, Baking Tray, Baking Paper, Frying Pan, Wooden Spoon.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Bok Choy**	1	2	2
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Salmon fillet 4)**	2	3	4
Honey	1 sachet	2 sachets	2 sachets
Sesame Seeds 3)	15g	15g	15g
Soy Sauce 11) 13)	1 sachet	2 sachets	2 sachets
Sesame Oil 3)	½ sachet	¾ sachet	1 sachet
Mirin	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	366g	100g
Energy (kJ/kcal)	2658/635	726/173
Fat (g)	22	6
Sat. Fat (g)	4	1
Carbohydrate (g)	78	21
Sugars (g)	14	4
Protein (g)	31	9
Salt (g)	2.01	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 4) Fish 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Prep Time

Preheat your oven to 180°C. Halve the **tomatoes** and pop into a bowl. Season with **black pepper**. Roughly chop the **coriander** (stalks and all). Zest and halve the **lime**. Trim the **bok choy** then separate the leaves.



Make the Salsa

Mix the **soy, sesame oil** (see ingredients for amount) and **mirin** into the **tomatoes**. Add a squeeze of **lime juice**, then taste and add more **salt, pepper** or **lime juice** if needed. Stir through the **coriander** and keep to one side. Once the **rice** has come off the heat, pop the **salmon** on the middle shelf of your oven and roast for 10-15 mins. **IMPORTANT:** *The salmon is cooked when opaque in the middle.*



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 of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



Bok Choy Time

Do any washing up, then when the **salmon** has 4-5 mins left in the oven, heat a splash of **oil** in a frying pan over medium-high heat. When the **oil** is hot, add the **bok choy** and stir-fry for 4-5 mins. Let it brown slightly then remove from the heat and get ready to serve!



Prepare the Salmon

Line a baking tray with baking paper. Place the **salmon** skin-side down on the tray and season with **salt** and **pepper**. Drizzle over the **honey** and spread with a spoon to make sure the **salmon** is evenly covered. Sprinkle on the **sesame seeds** and keep to one side. We will bake the **salmon** when we take the **rice** off the heat. **IMPORTANT:** *Wash your hands after handling raw fish.*



Serve

Fluff the **rice** up with a fork and stir in the **lime zest**, season to taste with **salt** and **pepper** if needed. Share between your bowls and top with the **bok choy**. Carefully place the **salmon fillet** on top and finish by spooning the **tomato salsa** around the plate and over the **fish**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.