



# Soy & Honey Salmon Parcel

with Coconut Rice and Roasted Broccoli



## HELLO COCONUT

Coconut water was used in some WW2 medical emergencies instead of blood plasma!



Red Chilli



Soy Sauce



Honey



Water for the Marinade



Salmon Fillet



Broccoli



Water for the Rice



Basmati Rice



Desiccated Coconut

30 mins

2 of your 5 a day

Medium Heat

Cooking fish in a parcel is a great way to keep it moist and flavourful. Chefs call this 'en papillote' which literally means 'in parchment'. You can, of course, use baking paper but it's easier to create a tight seal with foil so that's what we're going for today. Give it a try - you've got dinner all wrapped up!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Mixing Bowl**, two **Baking Trays**, some **Foil**, a **Large Saucepan** (with a **Lid**) and **Frying Pan**. Now, let's get cooking!



### 1 MAKE THE MARINADE

Preheat your oven to 180°C. Slice the **red chilli** into rounds as thinly as you can. Put the **soy sauce, honey** and **water** (amount specified in the ingredient list) in a mixing bowl and stir to combine. Add the **salmon fillet** and make sure it is well coated. Cut the **broccoli** into florets and lay on a baking tray. Drizzle over a little **oil** and season with **salt** and **black pepper**. Toss to coat, then spread out evenly and set aside.



### 2 WRAPPER'S DELIGHT!

Put a roughly A4-sized piece of foil on another baking tray and lay the **salmon** in the middle. Pour over the **marinade** and arrange the **chilli** slices on top of the **fish**. **★ TIP: If you don't like things too spicy, don't use all the chilli!** Bring the edges of the foil together and scrunch them closed so the **salmon** is wrapped in a **parcel**. Set aside.



### 3 COOK THE RICE

Put the **water for the rice** (amount specified in the ingredient list) in a large saucepan and bring to the boil. Add the **rice** and a large pinch of **salt**. Return to the boil, pop on a lid and turn the heat to medium-low. Cook the **rice** for 10 mins, then remove the pan from the heat and leave to rest with the lid on for another 10 mins. **★ TIP: The rice will finish cooking in its own steam.**



### 4 COOK THE SALMON

Put the **salmon** on the top shelf of your oven and the **broccoli** on the middle shelf. Cook both for 15-20 mins. **★ TIP: The salmon is cooked when opaque and flaky all the way through.** The **broccoli** should be crispy at the edges.



### 5 TOAST THE COCONUT

Meanwhile, put a frying pan on medium-high heat (no **oil**) and add the **desiccated coconut**. Toast, stirring all the while, until golden, 1-2 mins. Then remove from the pan and set aside.



### 6 FINISH AND SERVE

Once the **rice** is cooked, fluff it up with a fork and stir through the **toasted coconut**. Taste and add more **salt** if you wish then spoon into bowls. Carefully open the **salmon** parcel and place a **salmon fillet** on top of the **rice**, then pour over any juices left in the foil. Serve with the **broccoli** on the side. **enjoy!**

## 2 PEOPLE INGREDIENTS

|                         |             |
|-------------------------|-------------|
| Red Chilli, sliced      | 1/2         |
| Soy Sauce 1) 6)         | 1 1/2 tbsps |
| Honey                   | 1 tbsps     |
| Water for the Marinade* | 1 1/2 tbsps |
| Salmon Fillet 4)        | 2           |
| Broccoli, florets       | 1           |
| Water for the Rice*     | 300ml       |
| Basmati Rice            | 150g        |
| Desiccated Coconut      | 25g         |

\*Not Included

| NUTRITION        | PER SERVING | PER 100G |
|------------------|-------------|----------|
| Energy (kcal)    | 695         | 173      |
| (kJ)             | 2919        | 725      |
| Fat (g)          | 27          | 7        |
| Sat. Fat (g)     | 11          | 3        |
| Carbohydrate (g) | 72          | 18       |
| Sugars (g)       | 11          | 3        |
| Protein (g)      | 40          | 10       |
| Salt (g)         | 2.23        | 0.55     |

### ALLERGENS

1)Gluten 4)Fish 6)Soya

**Soy Sauce Ingredients:** Water, Soy Beans, Wheat, Salt, Sodium Benzoate

### 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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