



SPICED SMOKED SALMON PILAF

with Spinach and Carrot



HELLO TURMERIC

Turmeric is the flowering plant of the ginger family and it is actually the roots that are used in cooking.



Echalion Shallot



Carrot



Garlic Clove



Ground Cumin



Ground Turmeric



Basmati Rice



Vegetable Stock Powder



Baby Spinach



Hot Smoked Salmon Flakes

MEAL BAG

- 30 mins
- 1.5 of your 5 a day
- Little heat

Quick, easy to prep and packed with fresh ingredients, our fragrant salmon pilaf is the perfect one-pot dish. The trick to a well-seasoned pilaf is to sauté the aromatics before adding the rice to the pan. Once the base is ready, add the rice and cook, stirring, until the grains are well-coated. Toasting the rice grains until they're coated in oil and start to look translucent helps them separate so they won't clump and gives the dish a real depth of flavour.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Saucepan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



1 PREP TIME

Fill and boil your kettle. Halve, peel and chop the **shallot** into small pieces. Trim and chop the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press).



2 START THE RICE

Heat a drizzle of **oil** in a large saucepan over medium heat. When hot, add the **shallot** and **carrot**. Cook until beginning to soften and colour, 5-6 mins, stirring frequently. Once softened, stir in the **garlic, cumin, turmeric, basmati rice** and a pinch of **salt**. Stir and cook for 1 minute.



3 COOK THE PILAF

When your kettle has boiled, mix the **water** (see ingredients for amount) and **stock powder** in a measuring jug. Add to the **rice** and bring to the boil. Once boiling, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins.



4 ADD THE SPINACH

After 10 mins, remove the saucepan from the heat and quickly pop the **spinach** into the pan, no need to stir it in. Immediately return the lid to the pan and leave covered for another 10 mins (still off the heat). The **rice** will finish cooking in its own steam and the **spinach** will wilt.



5 STIR IN THE SALMON

Once the **rice** is cooked, add the **smoked salmon flakes** and stir in gently. Season with **salt** and **pepper** to taste.



6 SERVE

Divide the **pilaf** between your plates. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot *	1	2	2
Carrot *	1	2	2
Garlic Clove *	1	2	2
Ground Cumin	1 small pot	¾ large pot	1 large pot
Ground Turmeric	1 pot	1½ pots	2 pots
Basmati Rice	150g	225g	300g
Water*	300ml	450ml	600ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Baby Spinach *	1 small bag	¾ large bag	1 large bag
Hot Smoked Salmon Flakes 4) *	150g	200g	300g

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 306G	PER 100G
Energy (kJ/kcal)	1971 / 471	644 / 154
Fat (g)	11	4
Sat. Fat (g)	2	1
Carbohydrate (g)	67	22
Sugars (g)	7	2
Protein (g)	26	9
Salt (g)	2.93	0.96

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 10) Celery

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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