



# Teriyaki Salmon Tacos

with Sweet Potato Chips and Toasted Sesame Mayo

**STREET FOOD** 35 Minutes

N° 18



Red Onion



Rice Vinegar



Sweet Potato



Salmon Fillet



Sesame Seeds



Mayonnaise



Soy Sauce



Honey



Ketjap Manis



Baby Gem Lettuce



Small Soft Shell Taco

## Before you start

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

**Basic cooking tools you will need:** Two Baking Trays, Saucepan and Measuring Jug.

### Ingredients

	2P	3P	4P
Red Onion**	½	¾	1
Rice Vinegar**	1 sachet	1½ sachets	2 sachets
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Sweet Potato**	1	1½	2
Salmon Fillet 4)**	2	3	4
Sesame Seeds 3)	1 small pot	1 large pot	2 small pots
Mayonnaise 8) 9)**	2 sachets	3 sachets	4 sachets
Water for the Mayo Dressing*	1 tbsp	1½ tbsp	2 tbsp
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Baby Gem Lettuce**	1	1½	2
Small Soft Shell Taco 13)	6	9	12

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	658g	100g
Energy (kJ/kcal)	4600/1100	699/167
Fat (g)	43	7
Sat. Fat (g)	7	1
Carbohydrate (g)	137	21
Sugars (g)	38	6
Protein (g)	34	5
Salt (g)	4.22	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

3) Sesame 4) Fish 8) Egg 9) Mustard 11) Soya 13) Gluten

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

### Contact

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## 1. Pickle the Onion

Preheat your oven to 200°C. Halve, peel and thinly slice the **red onion** (see ingredients for amount). Put the **rice wine vinegar** into a bowl and add the **sugar** (see ingredient list for amount). Stir together, then add the **red onion**. Stir to thoroughly coat the **onion** in the pickling liquor, then leave to the side until the end. **TIP:** Give the onion an extra toss to coat every now and then.



## 4. Make the Sauce

Meanwhile, heat a saucepan on medium heat and add the **sesame seeds** (no oil). Toast them until golden, 2 mins. Remove the pan from the heat and set aside (we'll use later.) Divide the **sesame seeds** between 2 separate medium bowls. Add the **mayo** to one of the bowls along with the **water** (see ingredients for amount). Season with **salt** and **pepper**. Stir together and set aside.



## 2. Roast the Chips

Chop the **sweet potato** into chips the length and thickness of your index finger (no need to peel). Pop the **chips** onto a baking tray, drizzle with a little **oil**, and season with **salt** and **pepper**. Arrange them in a single layer and roast them on the top shelf of your oven until golden, 25-30 mins. Turn halfway through.



## 5. Cook the Sauce

Add the **soy**, **honey**, and **ketjap manis** to the saucepan, pop back on medium heat and simmer until thick and sticky, 3-5 mins. This is your teriyaki sauce. Stir in the **sesame seeds** and set aside. Meanwhile, trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways, add the **baby gem** to the **sesame mayo dressing** and toss to coat. Set aside. Add the **teriyaki sauce** to the **salmon** and gently stir to combine.



## 3. Cook the Salmon

Lay the **salmon** on another baking tray skin-side down. Drizzle with **oil**, then season with **salt** and **pepper**. **IMPORTANT:** Wash your hands after handling raw fish. Roast the **salmon** for 15 mins. **IMPORTANT:** The fish is cooked when the centre is opaque. Once cooked, remove to a board skin side up, allow to cool a little, then peel off (and discard) the skin. Pop the **salmon** into a bowl gently pull apart the **salmon** into flakes. Set aside.



## 6. Finish and Serve

Add the **tacos** to the oven for 2-3 mins to warm through. Spread the **lettuce salad** on the base of each **taco** (3 per person), then add the **teriyaki salmon**. Finish with the **onion pickle**. Serve the **sweet potato chips** alongside.

Enjoy!