



SPICE MARKET COCONUT SALMON

with Green Beans, Bell Pepper & Cilantro Lime Rice

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Jasmine Rice



1 | 2
Bell Pepper*



6 oz | 12 oz
Green Beans



1 | 1
Yellow Onion



2 | 3
Limes



¼ oz | ½ oz
Cilantro



1 TBSP | 2 TBSP
Curry Powder



1 tsp | 2 tsp
Garlic Powder



10 oz | 20 oz
Salmon
Contains: Fish



2 | 4
Coconut Milk
Contains: Tree Nuts



2 | 4
Veggie Stock
Concentrates



1 oz | 2 oz
Sweet Thai
Chili Sauce



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



*The ingredient you received may be a different color.

HELLO

CURRY POWDER

This fragrant blend of 10 spices includes turmeric, fenugreek, and cumin.



PREP: 15 MIN | COOK: 25 MIN | CALORIES: 1190



SHAKE IT UP

Give your coconut milk a good shake before opening the container and adding to the pan in Step 5. The fridge may have caused the cream to rise and solidify, but not to worry—the liquids and solids will quickly come together during cooking.

BUST OUT

- Small pot
 - Paper towels
 - Zester
 - Baking sheet
 - Small bowl
 - Large pan
- Kosher salt
 - Black pepper
 - Cooking oil (1 TBSP | 1 TBSP)
 - Sugar (1 tsp | 2 tsp)
 - Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees.
- In a small pot, combine **rice**, **1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



4 START VEGGIES

- Meanwhile, heat a **large drizzle of oil** in a large pan over medium-high heat. Add **bell pepper**, **green beans**, **onion**, and a **big pinch of salt**. Cook, stirring occasionally, until softened, 4-5 minutes.
- Stir in **remaining curry powder mixture**; cook, stirring, until fragrant, 30 seconds.



2 PREP

- Meanwhile, **wash and dry produce**.
- Core, deseed, and thinly slice **bell pepper** into strips. Trim **green beans** if necessary; slice crosswise into thirds. (TIP: Make a pile of green beans and cut them all at once to speed up prep!) Halve, peel, and thinly slice **onion**. Zest one **lime** and quarter both (for 4 servings, zest two limes and quarter all). Mince **cilantro**.
- In a small bowl, combine **curry powder** and **garlic powder**.



5 FINISH VEGGIES

- Thoroughly shake **coconut milk** in containers before opening. Add coconut milk, **stock concentrates**, **chili sauce**, **juice from four lime wedges (eight lime wedges for 4 servings)**, and **1 tsp sugar (2 tsp for 4)** to pan with **veggies**; stir to combine.
- Bring to a boil, then reduce to a simmer. Cook, stirring, until sauce has reduced by about half and veggies are tender, 3-5 minutes (5-7 minutes for 4). Taste and season with **salt**; stir in more lime juice if desired.



3 SEASON & ROAST SALMON

- Pat **salmon*** dry with paper towels; season all over with **1 tsp curry powder mixture (2 tsp for 4 servings) (you'll use the rest in Step 4)**, **salt**, and **pepper**. Place salmon, skin sides down, on a **lightly oiled** baking sheet. TIP: Line sheet with foil first for easy cleanup.
- Roast on top rack until cooked through, 8-10 minutes.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **lime zest**, **half the cilantro**, and **1 TBSP butter (2 TBSP for 4 servings)**. Season with **salt** and **pepper**.
- Divide **veggies** between shallow bowls (tongs or a slotted spoon work great here!), leaving some sauce in pan. Place **salmon** atop veggies; top with **juice from one lime wedge (two lime wedges for 4)**. Spoon **pan sauce** over salmon and garnish with remaining cilantro. Serve rice and any **remaining lime wedges** on the side.

*Salmon is fully cooked when internal temperature reaches 145°.

WK 52-15