



# ZINGY MUSTARD SOY SALMON

with Pickled Scallions, Ginger Rice & Citrus Carrots

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



2 | 2  
Scallions



1 Thumb | 1 Thumb  
Ginger



1 | 1  
Lime



½ Cup | 1 Cup  
Jasmine Rice



5 tsp | 5 tsp  
White Wine  
Vinegar



4 TBSP | 8 TBSP  
Sweet Soy Glaze  
Contains: Soy, Wheat



2 tsp | 4 tsp  
Dijon Mustard



10 oz | 20 oz  
Salmon  
Contains: Fish



1 TBSP | 1 TBSP  
Sesame Seeds



1 tsp | 1 tsp  
Sriracha

## HELLO

### DIJON MUSTARD

This classic French condiment adds delicious complexity to a sweet, Asian-inspired soy glaze.



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 840





## A CUT ABOVE

When prepping your carrots, do your best to cut them into same-size pieces, in width as well as length. This will help ensure they all roast evenly and at the same pace—and look great on the plate to boot!

## BUST OUT

- Peeler
- Zester
- Baking sheet
- Small pot
- 2 Small bowls
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Vegetable oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 3 TBSP)  
Contains: Milk

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### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Trim, peel, and halve **carrots** lengthwise; cut into 3-inch-long, ½-inch-thick pieces. Peel and mince or grate **ginger**. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lime**.



### 2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a large drizzle of **oil**, **salt**, and **pepper**.
- Roast on top rack until browned and tender, 20-25 minutes. Cover to keep warm.



### 3 COOK RICE

- Meanwhile, melt **1 TBSP butter** in a small pot over medium-high heat. Add half the **ginger**; cook, stirring, until fragrant, 30 seconds.
- Stir in **rice**, **¾ cup water** (**1½ 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 MAKE PICKLES & SAUCE

- While rice cooks, in a small bowl, combine **scallion whites**, **vinegar**, and a pinch of **salt**. Set aside to pickle.
- In a separate small bowl, combine **sweet soy glaze**, **mustard**, remaining **ginger**, and a squeeze of **lime juice**.



### 5 COOK FISH

- Pat **salmon\*** dry with paper towels. Season all over with **salt** and **pepper**.
- Heat a drizzle of **oil** in a large, preferably nonstick, pan over medium-high heat. Add salmon skin sides down; cook until skin is lightly browned and crispy, 5-7 minutes. Carefully flip and cook until fish is opaque and cooked through, 1-2 minutes more.
- Add **sauce** to pan; turn salmon to thoroughly coat. Remove pan from heat.



### 6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter** (**2 TBSP for 4 servings**) and season with **salt** and **pepper**.
- Toss **carrots** with **lime zest** to taste.
- Divide rice, carrots, and **salmon** between plates; drizzle salmon with any remaining **sauce**. Top with **pickled scallion whites**. Garnish with **scallion greens**. Top with as many **sesame seeds** and as much **sriracha** as you like. Serve with remaining **lime wedges** on the side.

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