



# GINGER LIME SALMON

with Scallion Rice & Roasted Sesame Broccoli



## HELLO

### SESAME SEEDS

Toasted to bring out their nutty flavor, then sprinkled over broccoli for a satisfying crunch



Salmon  
(Contains: Fish)



Jasmine Rice



Seafood Stock Concentrate  
(Contains: Fish, Shellfish)



Sesame Seeds



Ginger



Scallions



Broccoli Florets



Lime

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 780

## START STRONG

Some quick tips to ensure crispy-skinned salmon success:

- 1) Take your fillets out of the fridge 15-20 minutes before you prep. Room temperature salmon = more even cooking.
- 2) Heat your oil until shimmering, then add the fillets and let them do their thing (no poking or moving around!). The salmon skin will naturally release from the pan when the fish is ready to flip.

## BUST OUT

- Zester
- Small bowl
- Small pot
- Paper towels
- Baking sheet
- Kosher salt
- Large pan
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Vegetable oil (2 tsp | 2 tsp)
- Sugar (½ tsp | 1 tsp)
- Butter (3 TBSP | 5 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Ginger 1 Thumb | 2 Thumbs
- Broccoli Florets 8 oz | 16 oz
- Scallions 2 | 4
- Lime 1 | 2
- Jasmine Rice ½ Cup | 1 Cup
- Sesame Seeds 1 TBSP | 1 TBSP
- Salmon\* 10 oz | 20 oz
- Seafood Stock Concentrate 1 | 2

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



## 1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Peel and mince or grate **ginger**. Cut **broccoli florets** into bite-size pieces, if necessary. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lime**.



## 4 COOK FISH

Pat **salmon** dry with paper towels; season generously with **salt** and **pepper**. Heat a drizzle of **oil** in pan used for sesame seeds over medium-high heat. Add salmon skin sides down; cook until skin is crisp, 5-7 minutes. Flip and cook until fish is cooked through, 1-2 minutes more. Turn off heat; remove from pan and set aside. Wipe out pan.



## 2 COOK RICE

In a small pot, combine **rice**, half the **ginger**, ¾ **cup water** (1½ cup for 4 servings), and a big 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.



## 5 MAKE SAUCE

Heat a drizzle of **oil** in same pan over medium heat. Add **scallion whites** and remaining **ginger**; cook until ginger is fragrant, 1-2 minutes. Stir in **stock concentrate**, juice from half the **lime**, ½ **tsp sugar** (1 tsp for 4 servings), and ¼ **cup water** (⅓ cup for 4). Cook until slightly reduced, 1-2 minutes. Remove from heat and stir in **2 TBSP butter** (3 TBSP for 4). Season with **salt** and **pepper**.



## 3 ROAST BROCCOLI & TOAST SESAME SEEDS

Toss **broccoli** on a baking sheet with a large drizzle of **olive oil**. Season generously with **salt** and **pepper**. Roast on top rack until golden brown and tender, 15-20 minutes. Meanwhile, place **sesame seeds** in a large, dry pan over medium-high heat. Cook, stirring, until golden brown and fragrant, 1-2 minutes. Turn off heat. Transfer to a small bowl; season with **salt** and **pepper**. Wash out pan.



## 6 FINISH & SERVE

Fluff **rice** with a fork; stir in **1 TBSP butter** (2 TBSP for 4), **lime zest**, and half the **scallion greens**. Season with **salt** and **pepper**. Divide rice, **broccoli**, and **salmon** between plates. Top salmon with **sauce** and broccoli with as many **sesame seeds** as you like. Garnish with remaining **scallion greens**. Serve with remaining **lime wedges** on the side.

## QUICK CHANGE

Turn the ginger lime sauce into a snappy dressing: ditch the stock and butter, and replace the water with equal parts soy sauce + vinegar!

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