



Honey-Sriracha Roasted Salmon

with Pan-Fried Vegetables

Spicy

30 Minutes



Salmon Fillets,
skin-on



Sriracha



Honey



Zucchini



Roma Tomato



Garlic Puree



Basmati Rice



Parsley



Garlic Salt

HELLO HONEY-SRIRACHA

The perfect spicy, sweet and savoury combo!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Sriracha 🌶️	2 tsp	4 tsp
Honey	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Roma Tomato	160 g	320 g
Garlic Puree	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cups
Parsley	7 g	7 g
Garlic Salt	1 tsp	2 tsp
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep and cook rice

Add **1 ¼ cups water** and **¼ tsp garlic salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, cut **zucchini** in half lengthwise, then into ½-inch half-moons. Cut **tomatoes** into ¼-inch pieces. Roughly chop **parsley**. Add **rice** to the **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Finish veggies

Remove the pan from heat. Add **tomatoes** and **half the parsley**. Season with **salt** and **pepper**, then stir to combine.



Roast salmon

While **rice** cooks, combine **sriracha** and **honey** in a small bowl. Pat **salmon** dry with paper towels, then season with **remaining garlic salt** and **pepper**. Arrange **salmon** on a parchment-lined baking sheet, skin-side down. Spoon **honey-sriracha sauce** over top. Roast in the **middle** of the oven until **salmon** is cooked through, 10-12 min.**



Finish and serve

Fluff **rice** with a fork, then stir in **remaining parsley** and season with **salt**. Divide **veggies** and **rice** between plates. Top with **honey-sriracha roasted salmon**. Drizzle any **remaining sauce** from the baking sheet over **salmon**.

Dinner Solved!



Start veggies

While **salmon** roasts, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Add **garlic puree**. Cook, stirring often, until fragrant, 1-2 min.