

# Salmon Teriyaki Skewers and Sesame Wedges with Miso Stir-Fried Greens and Sesame Mayo

Street Food

40 Minutes • 1 of your 5 a day

31



Potatoes



Skewers



Ketjap Manis



Miso Paste



Tenderstem®  
Broccoli



Garlic Clove



Mayonnaise



Sesame Seeds



Honey



Soy Sauce



Salmon Fillet



Bok Choy



Ginger

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Bowl, Garlic Press, Frying Pan and Saucepan.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Sesame Seeds <b>3</b>	15g	15g	15g
Skewers	2	3	4
Honey	1 sachet	2 sachets	2 sachets
Ketjap Manis <b>11</b>	1 sachet	2 sachets	2 sachets
Soy Sauce <b>11</b> <b>13</b>	25ml	25ml	50ml
Miso Paste <b>11</b>	15g	22g	30g
Salmon Fillet** <b>4</b>	2	3	4
Tenderstem®			
Broccoli**	80g	150g	150g
Bok Choy**	1	2	2
Garlic Clove**	1	2	2
Ginger**	½	¾	1
Mayonnaise <b>8</b> <b>9</b>	2 sachets	3 sachets	4 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	519g	100g
Energy (kJ/kcal)	2708 /647	522 /125
Fat (g)	28	5
Sat. Fat (g)	5	1
Carbohydrate (g)	62	12
Sugars (g)	19	4
Protein (g)	30	6
Salt (g)	4.22	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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## Roast Your Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, scatter over **half** the **sesame seeds** and season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.** When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Cook the Salmon

About 15 mins before the **wedges** are done, divide the **marinated salmon** between the **skewers** (1 per person). Return the (now empty) pan to medium-high heat with a drizzle of **oil**. Once hot, add the **salmon** and cook until browned all over, about 1 min each side. Lower the heat if needed. Once browned, pop onto another baking tray and roast on the middle shelf of your oven until cooked through, 8-10 mins. **IMPORTANT: The fish is cooked when opaque in the middle.** Wipe out the pan and set aside.



## Marinate the Fish

Meanwhile, soak the **skewers** in **water**. Pop the **honey**, **ketjap manis**, **soy sauce** and **half** the **miso** into a large bowl and mix together. **TIP: If your honey has hardened, pop into a bowl of hot water for 1 min.** Slice the **salmon fillets** into chunks, add to the **marinade** and mix well to coat. Set aside. **IMPORTANT: Wash your hands after handling raw fish.**



## Stir-Fry the Veg

When 5 mins of roasting time remain, return the (now empty) pan to medium-high heat with a drizzle of **oil**. Once hot, add the **broccoli** and stir-fry for 2-3 mins. Add the **bok choy**, **garlic**, **ginger** and remaining **miso**, then stir-fry for 1 more min. Add a splash of **water**, cover with a lid or some foil and cook until the **vegetables** are tender, 1-2 mins. Keep warm on a low heat.



## Get Prepped

Halve any thick **broccoli stems** lengthways. Trim the root from the **bok choy** then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Heat a large frying pan over medium heat (no oil). Add the remaining **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP: Watch them like a hawk as they can burn easily.** Once toasted, transfer to a small bowl. Add the **mayo** and mix together. Set aside.



## Finish and Serve

Meanwhile, pop a small saucepan on medium heat and add the remaining **marinade** from the **salmon** bowl. Bring to a simmer, stirring, until thickened and piping hot, 1 min. Divide the **salmon skewers**, **wedges** and **veg** between your plates. Spoon the **teriyaki glaze** over the **salmon** and serve with the **sesame mayo** alongside for dipping.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.