



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

Street Food 35 Minutes • 1 of your 5 a day

24



Potatoes



Skewers



Honey



Miso Paste



Tenderstem Broccoli®



Garlic Clove



Mayonnaise



Sesame Seeds



Soy Sauce



Ketjap Manis



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:

Chopping Board, Sharp Knife, Baking Tray, Mixing Bowl, Fine Grater (or Garlic Press), Frying Pan x2, Small Bowl and Saucepan.

## Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Sesame Seeds <b>3)</b>	1 small pot	1 small pot	1 large pot
Skewers	2	3	4
Soy Sauce <b>11) 13)</b>	1 sachet	1 sachet	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Ketjap Manis <b>11) 13)</b>	1 sachet	2 sachets	2 sachets
Miso Paste <b>11)</b>	1 small sachet	1 large sachet	2 small sachets
Salmon Fillet <b>4)**</b>	2 fillet	3 fillet	4 fillet
Tenderstem Broccoli <b>8***</b>	1 small pack	1 large pack	1 large pack
Bok Choy**	1	2	2
Garlic Clove**	1	2	2
Ginger**	½	¾	1
Mayonnaise <b>8) 9)</b>	2 sachets	3 sachets	4 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	520g	100g
Energy (kJ/kcal)	2692 /644	518 /124
Fat (g)	28	5
Sat. Fat (g)	4	1
Carbohydrate (g)	61	12
Sugars (g)	18	3
Protein (g)	29	6
Salt (g)	2.51	0.48

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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Packed in the 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** on a large baking tray. Drizzle with **oil** and toss to coat. Scatter over **half** the **sesame seeds** and season with **salt** and **pepper**. Spread them out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



## Marinate the Fish

Meanwhile, soak your **skewers** in **water**. Pop the **soy sauce**, **honey**, **ketjap manis** and **half** the **miso paste** into a large bowl and mix together with a fork. Slice the **salmon fillets** into 2cm wide pieces, pop into the **marinade** and mix well to coat. Set aside. **IMPORTANT:** Wash your hands after handling raw fish.



## Get Prepped!

Halve the **tenderstem broccoli** widthways. 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 toast until they are slightly golden - 1-2 mins. Stir frequently. **TIP:** Watch them like a hawk as they can burn easily. Pop the **sesame seeds** into a small bowl, add the **mayo**, season with **salt** and **pepper** and mix together. Set aside.



## Cook the Salmon

About 15 minutes before the wedges are done, divide the **marinated salmon pieces** between the **skewers** (one skewer per person). Don't throw the **marinade** away! Heat a drizzle of **oil** in the frying pan over medium-high heat. Once hot, add the **salmon skewers** and cook until browned all over, about 1 minute each side. **TIP:** Keep an eye on it because the marinade can burn easily! Once browned, pop onto a baking tray and roast until cooked through, 8-10 mins. **IMPORTANT:** The fish is cooked when opaque in the middle. Wipe out the pan but don't wash it up!



## Stir Fry the Veg

About 5 minutes before the **potatoes** and **fish** are finished, heat a drizzle of **oil** in a large frying pan over a medium high heat. Once hot, add the **tenderstem broccoli** and stir fry until it begins to char, 2 mins. Add the **bok choy**, **garlic**, **ginger** and remaining **miso**, stir fry for a further 1 minute. Add a splash of **water**, cover with a lid or some foil and continue to cook until the vegetables are tender, 1-2 mins. Keep warm.



## Finish and Serve

Heat a small saucepan over a medium heat and add the remaining **marinade**. Bring to a simmer, stirring, until thickened and piping hot, 1 minute. Divide the **sesame wedges**, **salmon** and **stir fried vegetables** between plates, serve with the **sesame mayo** and pour the remaining **teriyaki marinade** over the **salmon**.

## 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.