



Teriyaki Salmon Poke Style Bowl

with Jasmine Rice, Mangetout and Lime Chilli Kiwi Salsa

Classic Eat Me First • 35 Minutes • Little Spice • 1 of your 5 a day

4



Kiwi



Red Chilli



Spring Onion



Lime



Jasmine Rice



Mangetout



Garlic Clove



Salmon Fillet



Teriyaki Sauce

Before you start

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

Cooking tools, you will need:

Zester, Bowl, Saucepan, Measuring Jug, Garlic Press, Frying Pan, Wooden Spoon.

Ingredients

	2P	3P	4P
Kiwi**	1	2	2
Red Chilli**	1	1	1
Spring Onion**	1	2	2
Lime**	1	1	1
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Water*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Mangetout**	80g	150g	150g
Garlic Clove	1	2	2
Salmon Fillet 4)**	2	3	4
Teriyaki Sauce 11)	50g	75g	100g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	371g	100g
Energy (kJ/kcal)	2376/568	641/153
Fat (g)	16	4
Sat. Fat (g)	3	1
Carbohydrate (g)	82	22
Sugars (g)	18	5
Protein (g)	31	8
Salt (g)	1.31	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 11) Soya

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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You can recycle me!



Make the Salsa

Peel the **kiwi**, halve lengthways and then chop into 1cm chunks. Halve the **chilli** lengthways, deseed then finely chop. Trim and thinly slice the **spring onion**. Zest and halve the **lime**. Pop the **kiwi**, **chilli** and **spring onion** into a bowl and squeeze in the **lime juice** and **olive oil** (see ingredients for amount). Season with **salt** and **pepper**, mix together then set aside.



Cook the Rice

Pour the **water** for the **rice** (see ingredients for amount) into a saucepan and bring to the boil. Stir in the rice and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Cook the Mangetout

Halve the **mangetout** lengthways down the middle, peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **mangetout** and stir-fry until tender, 2-3 mins. Stir in the **garlic** and cook for 1 minute, then pop the **mangetout** into a bowl and cover with foil to keep warm.



Cook the Salmon

Return the pan to a medium-high heat and add a drizzle of **oil**. Season the **salmon** with **salt** and **pepper**, then lay it in the pan skin-side down. Fry for 4-5 mins, then turn and cook for 4-5 mins on the other side. Once cooked, carefully peel the skin off the **salmon** and discard. **IMPORTANT:** Wash your hands after handling raw fish. The salmon is cooked when it is opaque in the middle.



Add the Sauce

Remove the pan from the heat and use a fork to pull apart the **salmon** into **large flakes**. Add the **teriyaki sauce** to the pan and gently toss to combine and coat the **salmon** in the **sauce**.



Serve

Fluff up the **rice** with a fork and stir through the **lime zest**. Serve the **rice** in bowls with the **salmon** on top in one third, then the **kiwi salsa** (including the juices) in another third and the **garlicky mangetout** on the other third.

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.