



# WILD (APRI)CAUGHT SALMON

with Zesty Roasted Carrots & Pistachio Rice

GOURMET

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



2 | 4  
Scallions



1 | 1  
Lemon



½ Cup | 1 Cup  
Jasmine Rice



10 oz | 20 oz  
Wild Sockeye  
Salmon  
Contains: Fish



1 | 2  
Seafood Stock  
Concentrate  
Contains: Fish, Shellfish



2 TBSP | 4 TBSP  
Apricot Jam



1 oz | 2 oz  
Dried Apricots



1 tsp | 1 tsp  
Ancho Chili  
Powder



½ oz | 1 oz  
Pistachios  
Contains: Tree Nuts

## HELLO

### APRICOT ANCHO SAUCE

A mix of apricot jam and dried apricots doubles the fruit-forward fun in this savory-sweet pan sauce.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 810

### HOT TIP

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

- Peeler
- Zester
- Small pot
- Baking sheet
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Vegetable oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)  
Contains: Milk

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### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**.



### 4 COOK FISH

- Meanwhile, pat **salmon\*** dry with paper towels and season with **salt** and **pepper**.
- Heat a large drizzle of **oil** in a large pan over medium-high heat. Add salmon skin sides down and cook to desired doneness, 3-5 minutes per side. Turn off heat; transfer to a plate. Wash out pan.



### 2 COOK RICE

- Melt **1 TBSP butter** in a small pot over medium-high heat. Add **scallion whites**; cook, stirring occasionally, until just softened, 1 minute.
- Stir in **rice**, **¾ cup water**, and a 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.
- **4 SERVINGS:** Melt **2 TBSP butter**. Use **1½ cups water**.



### 5 MAKE SAUCE

- Heat pan used for salmon over medium heat. Add **stock concentrate**, **jam**, **apricots**, and **¼ cup water**; stir to combine. Season with a pinch of **chili powder** to taste (start with ¼ tsp and add more from there if you like) and a squeeze of **lemon juice** to taste.
- Simmer until mixture is thickened and glossy, 2-3 minutes. Remove from heat and stir in **1 TBSP butter**. Season with **salt** and **pepper**. Add more chili powder and lemon juice if desired.
- **4 SERVINGS:** Use **½ cup water** and **2 TBSP butter**.



### 3 ROAST CARROTS

- While rice cooks, toss **carrots** on a baking sheet with a large drizzle of **olive oil**; season with **salt** and **pepper**.
- Roast on top rack until golden brown and tender, 20-25 minutes.
- Remove from oven and toss with **lemon zest** to taste.



### 6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **pistachios** and half the **scallion greens**. Season with **salt** and **pepper**.
- Divide rice and **carrots** between plates. Serve **salmon** over rice. Top salmon with **sauce** and garnish with remaining scallion greens. Serve with any remaining **lemon wedges** on the side.

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