



More Than Food
HelloFresh.co.uk



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Apricot Ginger Salmon with Asian Style Yellow Rice

Happy Chinese New Year everyone! We had to make this dish to honour the occasion. Chinese New Year is all about sweeping away the bad luck of the year before and making way for a whole lot of new luck. So, as the Cantonese would say “Gong Hey Fat Choy” – we’re wishing you lots of luck (and delicious food)!



40 mins



family box



gluten free



spicy



lactose free



Onion (1)



Closed Cup Mushrooms
(1 punnet)



Coriander (5 tbsps)



Cinnamon & Turmeric
Spice Mix (1 tbsps)



Panang Curry Paste
(1 tbsps)



Basmati Rice (2 cups)



Raisins (2 tbsps)



Vegetable Stock Pot
(1)



Apricot and Ginger
Chutney (1 tbsps)




Salmon Fillet (3)



Baby Spinach
(3 handfuls)

Ingredients

	4P	ALLERGENS
Onion, chopped	1	
Closed Cup Mushrooms, chopped	1 punnet	
Coriander, chopped	5 tbsp	
Cinnamon & Turmeric Spice Mix	1 tbsp	
Panang Curry Paste	1 tbsp	
Basmati Rice	2 cups	
Raisins	2 tbsp	
Vegetable Stock Pot	1	Celery
Apricot and Ginger Chutney	1 tbsp	
Salmon Fillet	3	Fish
Baby Spinach	3 handfuls	

 Our fruit and veggies come fresh from the farm so give them a little wash before using

LH Step for little hands

Nutrition per serving: Calories: 650 kcal | Protein: 58 g | Carbs: 73 g | Fat: 9 g | Saturated Fat: 2 g

1



1 First you need to prepare your veggies! Peel and chop your onion into approximately 1cm pieces and roughly chop your mushrooms into 1cm pieces as well. Roughly chop your coriander.

3



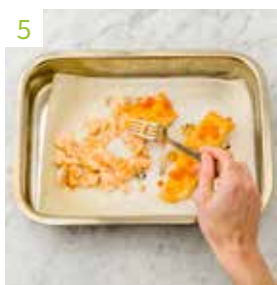
2 Put your chopped onion in a large pot on medium heat with 1 tbsp of oil. Cook gently for around 5 mins until the onion is soft, then add your mushrooms along with ½ tsp of salt and a good grind of pepper and cook until they have reduced down (about 5 mins).

4



3 When your onion and mushrooms are nicely cooked, add your cinnamon and turmeric spice mix, and curry paste (use less than 1 tbsp if you like things less spicy!) and cook for a further 2 mins, then add your rice, raisins vegetable stock pot and 800ml of water. Stir everything together and bring to a boil, then reduce the heat, put your lid on the pot and allow the rice to simmer for 10 mins before taking it off the heat and resting it for another 10 mins. **Tip:** Do not peek under the lid for the whole 20 mins!

5



4 Give your kitchen a quick tidy and then tackle your salmon! Pre-heat your grill to high. Put your chutney in a bowl with 3 tbsp of water, ½ tsp of salt and a good grind of pepper and mix thoroughly. Coat your salmon fillets in the chutney mixture, pop them on a baking tray and grill them for 5 mins on one side before turning and grilling them for 4 mins on the other side.

5 Once cooked, get the salmon out from under the grill and using a fork separate it into flaky pieces.

Tip: If you do this in the baking tray you cooked the salmon in, then you will also mix the lovely chutney together with the salmon and you also save on washing up!

6 When the rice is cooked, add half the coriander to the pot along with the spinach. Stir through, put the lid back on the pot and leave for 2-3 mins so the spinach wilts.

7 Finally, add the salmon to the pot, stir everything and serve your lovely rice in bowls with the coriander sprinkled over the top.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!