



Sticky Honey Soy Salmon Rice Bowl

with Sesame Sugar Snap Peas and Sriracha Drizzle

Family 30-35 Minutes • Medium Spice

11



Garlic Clove



Ginger Puree



Jasmine Rice



Honey



Soy Sauce



Sriracha Sauce



Sugar Snap Peas



Roasted White Sesame Seeds



Salmon Fillets



Mayonnaise



Crispy Onions

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Garlic press, saucepan, lid, bowl, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Ginger Puree	15g	22g	30g
Jasmine Rice	150g	225g	300g
Honey	15g	22g	30g
Soy Sauce 11) 13)	15ml	25ml	30ml
Sriracha Sauce	30g	45g	60g
Sugar Snap Peas**	80g	150g	150g
Roasted White Sesame Seeds 3)	5g	7g	10g
Salmon Fillets** 4)	2	3	4
Mayonnaise 8) 9)	32g	48g	64g
Crispy Onions 13)	1 sachet	2 sachets	2 sachets
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	442g	100g
Energy (kJ/kcal)	2741 /655	620 /148
Fat (g)	25.3	5.7
Sat. Fat (g)	5.2	1.2
Carbohydrate (g)	77.9	17.6
Sugars (g)	12.4	2.8
Protein (g)	30.2	6.8
Salt (g)	2.97	0.67

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **4)** Fish **8)** Egg **9)** Mustard **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Cook the Rice

Peel and grate the **garlic** (or use a garlic press). Heat **½ tbsp of oil** in a deep saucepan with a tight-fitting lid on medium heat.

Once hot, add the **garlic, ginger puree** and **¼ tsp salt**. Stir-fry until fragrant, 1 min.

Add the **rice** and cook until coated, 1 min, then pour in the **water for the rice** (see pantry for amount) and bring to a boil.

Once boiling, turn the heat down to medium and cover with the lid.



Salmon Time

Return the (now empty) frying pan to high heat with a drizzle of **oil**. Pat the **salmon** dry with kitchen paper, then season with **salt** and **pepper**.

Once hot, carefully place the **salmon** into the pan, skin-side down. Cook for 4-5 mins, then lower the heat to medium. **TIP:** To get crispy skin on the fish, don't move it around when it's cooking skin-side down.

Turn and cook the remaining three sides for 2-3 mins each. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Mix the Sticky Sauce

Leave the **rice** 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).

Meanwhile, in a small bowl, combine the **honey, soy sauce, water for the sauce** (see pantry for amount) and **half the sriracha**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Set your **sticky sauce** aside.



Glaze the Fish

Once the **fish** is cooked, add the **sticky sauce** to the pan and gently turn the **salmon** to coat. Remove from the heat.



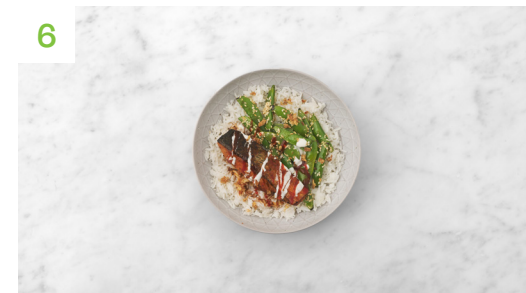
Fry the Sugar Snaps

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **sugar snap peas** to the pan and stir-fry until tender, 2-3 mins. Season with **salt** and **pepper**.

Add the **sesame seeds** to the pan. Toss to coat, then transfer to a medium bowl and set aside. Cover to keep warm.

Wipe out the pan.



Serve Up

Fluff up the **rice** with a fork and share between your bowls.

Top with the **salmon** and pour over any remaining **sticky sauce** from the pan. Add the **sugar snap peas** alongside. Drizzle over the **mayonnaise** and remaining **sriracha**.

Garnish with the **crispy onions** to finish.

Enjoy!