



Lime Roasted Salmon with Szechuan Noodles

Rapid 20 Minutes • Little Heat • 2.5 of your 5 a day

4



Bell Pepper



Bok Choy



Garlic Clove



Lime



Salmon Fillet



Egg Noodle Nest



Szechuan Paste



Ginger Purée

Before you start

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

Cooking tools, you will need:

Fine Grater (or Garlic Press), Frying Pan, Saucepan, Baking Tray, Sieve and Measuring Jug.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Bok Choy**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Lime**	1	2	2
Salmon Fillet 4)**	2	3	4
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Szechuan Paste 11)	1 sachet	1 sachet	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Ginger Purée	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

***Based on season the colour of your bell pepper will either be red, orange or yellow to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	405g	100g
Energy (kJ/kcal)	2040 /488	504 /120
Fat (g)	13	3
Sat. Fat (g)	3	1
Carbohydrate (g)	64	16
Sugars (g)	11	3
Protein (g)	32	8
Salt (g)	2.54	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 8) Egg 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

The Fresh Farm

60 Worship St, London EC2A 2EZ

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1

Preheat your oven to 200°C. Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Trim the **bok choy** then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**.



2

Wok O'clock

Heat a drizzle of **oil** in a wok or large frying pan on medium-high heat. When it's hot add the **bell pepper** and stir-fry until softened, 5-6 mins. Meanwhile, bring a large saucepan of **water** to the boil for the **noodles**.



3

Start the Salmon

In a small bowl combine the **juice** from **half** the **lime** with a drizzle of **oil**, **salt** and **pepper**. Pop the **salmon** skin-side down on a lined baking tray, pour over the **lime oil** and roast on the top shelf of your oven until golden and cooked through, 12-15 mins. **IMPORTANT:** The fish is cooked when it's opaque all the way through.



4

Boil Your Noodles

When the **pepper** is cooked, add the **bok choy** and fry for a further 2-3 mins until it's wilted. When the **water** for the noodles is boiling, add ¼ tsp **salt** and the **noodles**, cook until tender, 4 mins. Drain in a sieve. Pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



5

Finish it Off

While the **noodles** cook, mix the **Szechuan paste**, **lime zest** and **water** (see ingredients for amount) in a small bowl. Lower the heat of your veg pan and stir the grated **garlic** and **ginger purée**. Cook for 1 more minute, then add the **noodles** and **Szechuan mix**. Mix to ensure the **noodles** are evenly coated and piping hot. Add a splash of **water** to the **sauce** if necessary.



6

Serve It!

Cut any remaining **lime** into wedges. Share the **noodles** between your bowls and top with the **roasted salmon** and a **lime wedge** on the side for squeezing over.

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.