



# Roasted Salmon and Green Thai Style Curry with Tenderstem® Broccoli, Bok Choy and Crispy Shallots

Premium 35 Minutes • Mild Spice • 1 of your 5 a day

30



Tenderstem®  
Broccoli



Bok Choy



Shallot



Lime



Jasmine Rice



Salmon Fillet



Green Thai Curry  
Paste



Coconut Milk  
Paste

## Before you start

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

## Cooking tools, you will need:

Zester, Saucepan, Baking Tray, Baking Paper, Saucepan and Kitchen Paper.

## Ingredients

	2P	3P	4P
Tenderstem® Broccoli**	80g	150g	150g
Bok Choy**	1	2	2
Shallot**	1	2	2
Lime**	½	¾	1
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Salmon Fillet** 4)	2	3	4
Green Thai Style Paste	2 sachets	3 sachets	4 sachets
Coconut Milk	200ml	300ml	400ml
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	473g	100g
Energy (kJ/kcal)	3331/796	705/168
Fat (g)	38	8
Sat. Fat (g)	18	4
Carbohydrate (g)	73	15
Sugars (g)	8	2
Protein (g)	30	6
Salt (g)	1.78	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 4) Fish

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

### Thumbs up or thumbs down?

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HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Get Prepped

Preheat your oven to 180°C. Cut the **Tenderstem®** into thirds widthways. Trim the **bok choy** then thinly slice widthways. Keeping the **shallot** whole, peel it then slice into thin rings. Zest and halve the **lime**.



## Fry the Shallot

Meanwhile, heat 1cm of **oil** in a large saucepan over medium-high heat. Once hot, add the **shallot rings** and cook, stirring very carefully, for 3-4 mins until golden brown. Be very careful - the **oil** is hot. Once cooked, transfer to a plate lined with kitchen paper using a slotted spoon and season with **salt**. Set aside to crisp up. Leave **1 tbsp** of the **oil** in the pan and discard the rest.



## Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp 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).



## Curry Time

Pop the **shallot** saucepan back on medium-high heat. Add the **green Thai style paste** and cook, stirring, until fragrant, 1 min. Add the **coconut milk, sugar** and **water for the sauce** (see ingredients for both amounts) and season with **salt** and **pepper**. Add the **broccoli** and cook for 3 mins, then add the **bok choy**. Stir together and cook for a further 2 mins until they are both tender and the **bok choy** is beginning to wilt. Squeeze in **half** the **lime juice**, then taste and season if needed.



## Roast the Salmon

After the **rice** has been cooking for 5 mins, line a baking tray with baking paper. Pop the **salmon** onto the tray, skin-side down. Drizzle with **oil** and season with **salt** and **pepper**. Roast on the middle shelf for 12-15 mins. **IMPORTANT:** *Wash your hands after handling raw fish. The fish is cooked when opaque in the middle.*



## Finish and Serve

Add the **lime zest** to the **rice** and carefully stir through with a fork. Cut any **remaining lime** into wedges. Pop the **rice** to one side of a bowl, spoon the **curry** next to it, then top with the **salmon**. Scatter over the **crispy shallot rings** and serve with the **lime wedges** 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.