

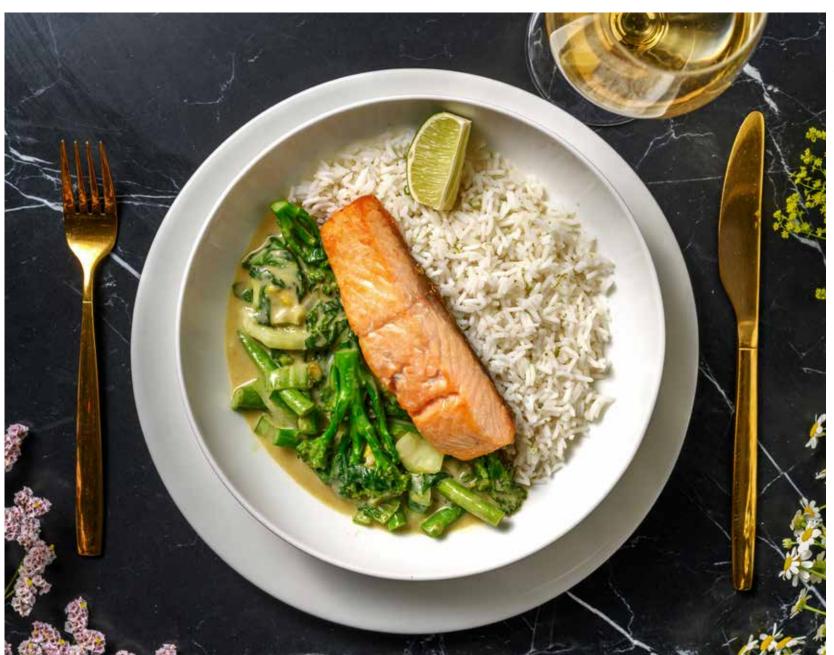
# Roasted Salmon and Green Thai Style Curry



with Tenderstem® Broccoli and Pak Choi

Premium

30-35 Minutes • Mild Spice • 1 of your 5 a day





Tenderstem® Broccoli





Lime



Jasmine Rice



Salmon Fillet





Coconut Milk

# Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

# Cooking tools

Fine grater, saucepan, lid, baking tray, baking paper and bowl.

# Ingredients

Ingredients	2P	3P	4P	
Tenderstem® Broccoli**	80g	150g	150g	
Pak Choi**	1	2	2	
Lime**	1/2	3/4	1	
Jasmine Rice	150g	225g	300g	
Salmon Fillet** 4)	2	3	4	
Green Thai Curry Paste	2 sachets	3 sachets	4 sachets	
Coconut Milk	200ml	300ml	400ml	
Pantry	2P	3P	4P	
Water for the Rice*	300ml	450ml	600ml	
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp	
Water for the Sauce*	100ml	150ml	200ml	
*Not Included **Store in the Fridge				

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	396g	100g
Energy (kJ/kcal)	2588 /618	654/156
Fat (g)	28.1	7.1
Sat. Fat (g)	17.6	4.4
Carbohydrate (g)	71.1	18.0
Sugars (g)	5.9	1.5
Protein (g)	20.6	5.2
Salt (g)	2.10	0.53

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

# **Allergens**

#### 4) Fish

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, 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.

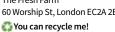
### Contact

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HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







# **Get Prepped**

Preheat your oven to 220°C/200°C fan/gas mark 7. Cut the **Tenderstem® broccoli** into thirds. Trim the pak choy, then thinly slice widthways.

Zest and halve the lime.



### 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 1/4 tsp salt and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



### Roast the Salmon

After the **rice** has cooked for 5 mins, lay the **salmon** fillets, skin-side down, onto a lined baking tray. Season with salt and pepper.

When the oven is hot, roast the **salmon** on the middle shelf until cooked through, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



# Make your Curry Sauce

Heat a drizzle of oil in a large saucepan on medium-high heat.

Once hot, add the green Thai curry paste and stirfry for 1 min.

Stir in the coconut milk, sugar and water for the sauce (see ingredients for both amounts). Season with salt and pepper. Bring to the boil, then lower the heat and simmer until slightly thickened, 4-5 mins.



# Add the Veg

Once thickened, add the broccoli to the curry and simmer for 3 mins.

Add the pak choi, then stir together and cook until the veg is tender, 2 mins more.

Squeeze in some lime juice, then taste and season with salt, pepper and more lime juice if needed.



### Finish and Serve

When everything is ready, fluff up the **rice** with a fork and stir through the lime zest. Share between your bowls.

Spoon the green Thai style curry alongside the rice, then top with the salmon.

Serve with the remaining **lime** cut into **wedges** for squeezing over.

# Enjoy!