



Salmon Teriyaki Skewers and Sesame Wedges

with Miso Stir Fried Greens

STREET FOOD 35 Minutes • 1 of your 5 a day

N° 18



Potatoes



Sesame Seeds



Skewers



Soy Sauce



Honey



Ketjap Manis



Miso paste



Salmon fillet



Tenderstem Broccoli®



Bok Choy



Garlic Clove



Ginger



Mayonnaise

Before you start

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

Basic cooking tools you will need:

Baking Tray, Mixing Bowl, Fine Grater (or Garlic Press), Frying Pan and Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Sesame Seeds 3)	1 small pot	1 small pot	1 large pot
Skewers	2	3	4
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets
Miso paste 11)	1 small sachet	1 large sachet	2 small sachets
Salmon fillet 4)**	2	3	4
Tenderstem Broccoli ***	1 small pack	1 large pack	1 large pack
Bok Choy**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Ginger**	½	¾	1
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	520g	100g
Energy (kJ/kcal)	2870 / 686	552 / 132
Fat (g)	36	7
Sat. Fat (g)	5	1
Carbohydrate (g)	61	12
Sugars (g)	17	3
Protein (g)	32	6
Salt (g)	3.63	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 4) Fish 8) Egg 9) Mustard 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Roast Your Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray. Drizzle with **oil** and toss to coat. Scatter over half the **sesame seeds** and season with **salt** and **pepper**. Spread them out them in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



4. Cook the Salmon

About 15 minutes before the wedges are done, divide the **marinated salmon pieces** between the **skewers** (one **skewer** per person). Don't throw away the **marinade**! Heat a drizzle of **oil** in the frying pan over medium high heat. Once hot, add the **salmon skewers** and cook until browned all over, about 1 minute each side. **TIP: Keep an eye on it, because of the marinade it can start to burn easily!** Once browned, pop onto a baking tray and roast until cooked through, 8-10 mins. **IMPORTANT: The fish is cooked when opaque in the middle.** Wipe the pan out but don't wash it up!



2. Marinade the Fish

Meanwhile, soak your **skewers** in water. Pop the **soy sauce**, **honey**, **ketjap manis** and **half the miso paste** into a large bowl and mix together with a fork. Slice the **salmon fillets** into 2cm wide pieces, pop into the **marinade** and mix well to coat. Set aside. **IMPORTANT: Wash your hands after handling raw fish.**



5. Stir fry the veg

About 5 minutes before the potatoes and fish are finished, heat a drizzle of **oil** in a large frying pan over medium high heat. Once hot, add the **tenderstem broccoli** and stir fry until starting to char, 2 mins. Add the **bok choy**, **garlic**, **ginger** and remaining **miso**, stir fry for a further 1 minute. Add a splash of **water**, cover with a lid or some foil and continue to cook until the **vegetables** are tender, 1-2 mins. Keep warm.



3. Get Prepped!

Halve the **tenderstem broccoli** widthways. Trim the root from the **bok choy** then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Heat a large frying pan over medium heat (no oil). Add the remaining **sesame seeds** and toast until they are slightly golden - 1-2 mins. Stir frequently. **TIP: Watch them like a hawk as they can burn easily.** Pop the **sesame seeds** into a small bowl, add the **mayo**, season with **salt** and **pepper** and mix together. Set aside.



6. Finish and Serve

Heat a small saucepan over a medium heat and add the remaining **marinade**. Bring to a simmer, stirring, until thickened and piping hot, one minute. Divide the **sesame wedges**, **salmon** and **stir fried vegetables** between plates, serve with the **sesame mayo** and pour the **teriyaki glaze** over the **salmon**.

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.