



Salmon Teriyaki Skewers

with Miso Stir-Fried Greens and Sesame Wedges

Street Food 35 Minutes • 1 of your 5 a day

29



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 and veggies need a little wash before you use them!

Cooking tools, you will need:

Large Baking Tray, Large Bowl, Garlic Press, Grater, Large Frying Pan, Small Bowl, Lid, Small Saucepan

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Sesame Seeds 3)	15g	15g	15g
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)	15g	22g	30g
Salmon Fillet 4)**	2 fillets	3 fillets	4 fillets
Tenderstem Broccoli**	80g	150g	150g
Bok Choy**	1	2	2
Garlic Clove	1	2	2
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 ingredient	520g	100g
Energy (kJ/kcal)	2429 / 580	468 / 112
Fat (g)	24	5
Sat. Fat (g)	4	1
Carbohydrate (g)	62	12
Sugars (g)	18	3
Protein (g)	31	6
Salt (g)	2.57	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 4) Fish 8) Egg 9) Mustard 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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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 in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



Marinate 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.*



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, stirring 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.



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 the **marinade** away! 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 the marinade can 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 out the pan but don't wash it up.



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 it begins 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.



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, 1 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.