



Salmon Thai-Style Green Curry

with Tenderstem Broccoli, Bok Choy and Crispy Shallots

Nº 20

PREMIUM 30 Minutes • Medium Heat • 1.5 of your 5 a day



Tenderstem Broccoli®



Bok Choy



Shallot



Lime



Jasmine Rice



Salmon Fillet



Thai Green Curry Paste



Coconut Milk

Before you start

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

Basic cooking tools you will need:

Fine Grater, Saucepan, Baking Tray, Large Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Tenderstem Broccoli***	1 small pack	1 large pack	1 large pack
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
Thai Green Curry Paste	1½ sachets	2 sachets	3 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Sauce*	100ml	150ml	200ml

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	502g	100g
Energy (kJ/kcal)	3186 /762	635 /152
Fat (g)	37	7
Sat. Fat (g)	17	3
Carbohydrate (g)	70	14
Sugars (g)	6	1
Protein (g)	30	6
Salt (g)	1.14	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish

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

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1. 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**.



4. Fry the Shallot

Meanwhile, heat 1cm **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, using a slotted spoon, transfer to a plate lined with kitchen roll and season with salt. Set aside to crisp up. Carefully discard all but about 1 tbsp of the **oil**.



2. Rice Time

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



5. Curry Time

Pop the saucepan you used for the **shallots** on medium-high heat. Add the **curry paste** and cook, stirring, until fragrant, 1 minute. Add the **coconut milk** (see ingredients for amount) and **water** (see ingredients for amount) 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**, taste and season with **salt** and **pepper** if you like.



3. Cook the Salmon

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



6. 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, add the **curry** next to it then top with the **salmon** and scatter over the **shallot rings**.

Enjoy!