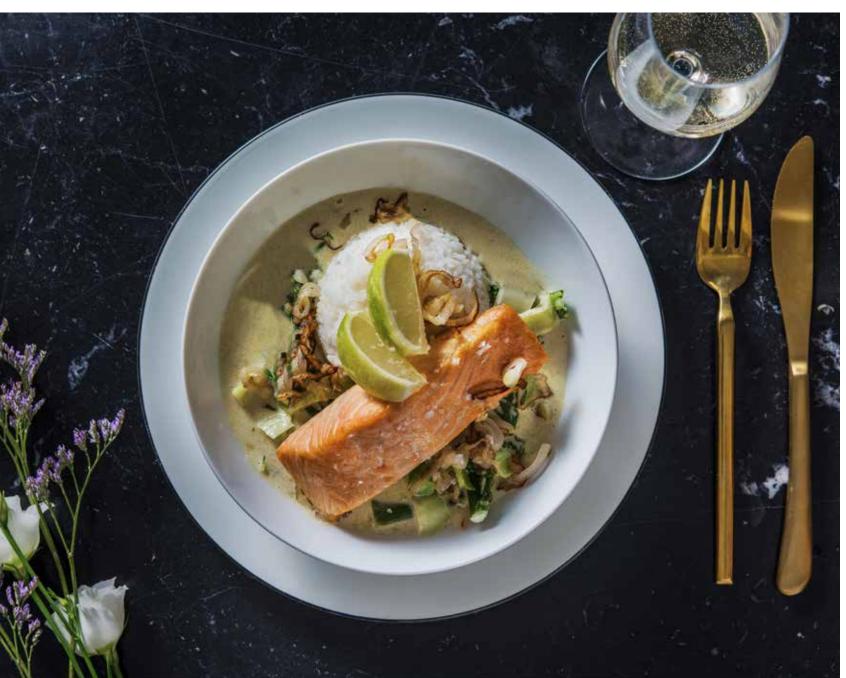


Salmon Thai-Style Green Curry

with Sugar Snap Peas, Bok Choy and Crispy Shallots

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







Sugar Snap Peas





Shallot



Lime





Salmon Fillet



Thai Green Curry Paste



Coconut Milk

Before you start

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

Basic cooking tools, you will need:

Measuring Jug, Two Saucepans and Baking Tray.

Ingredients

•			
	2P	3P	4P
Sugar Snap Peas**	1 small pack	1 large pack	1 large pack
Bok Choy**	1	2	2
Shallot**	1	2	2
Lime**	1/2	3/4	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 ingredient	522g	100g
Energy (kJ/kcal)	3079 /736	590/141
Fat (g)	35	7
Sat. Fat (g)	19	4
Carbohydrate (g)	70	13
Sugars (g)	6	1
Protein (g)	35	7
Salt (g)	1.16	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

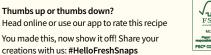
4) Fish

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



1. Get Prepped

Preheat your oven to 180°C. Halve the sugar snap **peas** lengthways. Trim the **bok choy** then thinly slice widthways. Keeping the **shallot** whole, peel it then slice into thin rings. Zest and halve the lime.



2. Rice Time

Pour the water for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add 1/4 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).



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.



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.



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** and **water** (see ingredients for amount) and season with salt and pepper. Add the sugar **snap peas** and **bok choy**, stir together and cook for a until both are tender and the **bok choy** is beginning to wilt, 2-3 mins. Squeeze in half the lime juice, taste and season with salt and pepper if you like.



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!

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.