



# SPICED SMOKED SALMON PILAF

with Spinach and Carrot



## HELLO TURMERIC

*Turmeric is the flowering plant of the ginger family and it is actually the roots that are used in cooking.*



Echalion Shallot



Carrot



Garlic Clove



Ground Cumin



Ground Turmeric



Basmati Rice



Vegetable Stock Powder



Baby Spinach



Hot Smoked Salmon Flakes

MEAL BAG

- 30 mins
- 1.5 of your 5 a day
- Little heat

Quick, easy to prep and packed with fresh ingredients, our fragrant salmon pilaf is the perfect one-pot dish. The trick to a well-seasoned pilaf is to sauté the aromatics before adding the rice to the pan. Once the base is ready, add the rice and cook, stirring, until the grains are well-coated. Toasting the rice grains until they're coated in oil and start to look translucent helps them separate so they won't clump and gives the dish a real depth of flavour.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Saucepan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



### 1 PREP TIME

Fill and boil your kettle. Halve, peel and chop the **shallot** into small pieces. Trim and chop the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press).



### 2 START THE RICE

Heat a drizzle of **oil** in a large saucepan over medium heat. When hot, add the **shallot** and **carrot**. Cook until beginning to soften and colour, 5-6 mins, stirring frequently. Once softened, stir in the **garlic, cumin, turmeric, basmati rice** and a pinch of **salt**. Stir and cook for 1 minute.



### 3 COOK THE PILAF

When your kettle has boiled, mix the **water** (see ingredients for amount) and **stock powder** in a measuring jug. Add to the **rice** and bring to the boil. Once boiling, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins.



### 4 ADD THE SPINACH

After 10 mins, remove the saucepan from the heat and quickly pop the **spinach** into the pan, no need to stir it in. Immediately return the lid to the pan and leave covered for another 10 mins (still off the heat). The **rice** will finish cooking in its own steam and the **spinach** will wilt.



### 5 STIR IN THE SALMON

Once the **rice** is cooked, add the **smoked salmon flakes** and stir in gently. Season with **salt** and **pepper** to taste.



### 6 SERVE

Divide the **pilaf** between your plates. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot *	1	2	2
Carrot *	1	2	2
Garlic Clove *	1	2	2
Ground Cumin	1 small pot	¾ large pot	1 large pot
Ground Turmeric	1 pot	1½ pots	2 pots
Basmati Rice	150g	225g	300g
Water*	300ml	450ml	600ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Baby Spinach *	1 small bag	¾ large bag	1 large bag
Hot Smoked Salmon Flakes 4) *	150g	200g	300g

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 306G	PER 100G
Energy (kJ/kcal)	1971 / 471	644 / 154
Fat (g)	11	4
Sat. Fat (g)	2	1
Carbohydrate (g)	67	22
Sugars (g)	7	2
Protein (g)	26	9
Salt (g)	2.93	0.96

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

4) Fish 10) Celery

🧼 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.

### 👍 THUMBS UP OR THUMBS DOWN?

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