



# Sticky Salmon and Mango Salsa

with Coconut Rice

**PREMIUM** 30 Minutes • Little Heat • 1.5 of your 5 a day



Garlic



Mango



Coriander



Spring Onion



Red Chilli



Lime



Bok Choy



Coconut Milk



Jasmine Rice



Honey



Soy Sauce



Salmon Fillet

## Before you start

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

### Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Fine Grater, Measuring Jug, Saucepan and Frying Pan.

### Ingredients

	2P	3P	4P
Garlic**	2 cloves	3 cloves	4 cloves
Mango**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Spring Onion**	1	2	2
Red Chilli**	½	¾	1
Lime**	½	1	1
Bok Choy**	1	2	2
Coconut Milk	200g	200g	400g
Water for the Rice*	100ml	250ml	200ml
Jasmine Rice	150g	225g	300g
Olive Oil for the Salsa*	1½ tbsp	2 tbsp	3 tbsp
Honey	1 sachet	2 sachet	2 sachet
Soy Sauce <b>11)</b> <b>13)</b>	1 sachet	2 sachets	2 sachets
Salmon Fillet <b>4)</b> **	2	3	4

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	510g	100g
Energy (kJ/kcal)	3236 / 774	635 / 152
Fat (g)	35	7
Sat. Fat (g)	20	4
Carbohydrate (g)	83	16
Sugars (g)	19	4
Protein (g)	32	6
Salt (g)	1.08	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**4)** Fish **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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## 1. Get Prepped

Peel and grate the **garlic** (or use a garlic press). Using a peeler, peel the **mango** then stand it upright on your chopping board. Slice down either side of the stone to give you 2 'cheeks'. Slice any remaining flesh from the stone, then chop the **mango** into 1cm pieces. Discard the stone. Roughly chop the **coriander** (stalks and all). Trim the **spring onions** then slice thinly. Halve the **chilli** lengthways, deseed then finely chop. Zest and half the **lime**. Trim the root from the **bok choy** then thinly slice widthways.



## 4. Cook the Bok Choy

Heat a drizzle of **oil** in a frying pan on high heat. Once hot add the **bok choy** and quickly stir-fry to soften, 2-3 mins. Stir in the **garlic** and cook for 1 minute. Remove from the pan to a bowl. Set aside for later - we'll add it to the **rice** once it's cooked!



## 2. Cook the Rice

Pour the **coconut milk** and **water** (see ingredients for amount) into a medium saucepan with a tight fitting lid, stir in the **jasmine rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium high heat. Once boiling, turn the heat down to its lowest setting. 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. Fry the Salmon

In a small bowl, mix the **honey** and the **soy**, whisk with a fork to combine. Heat the same frying pan on high heat and add a drizzle of **oil**. Season the **salmon** on both sides with **salt** and **pepper**. Lay the **salmon** into the pan, skin-side down, lower the heat to medium and fry until the skin is crisp, 6-8 mins. Turn and cook on the other three sides for 1-2 mins each side. **IMPORTANT:** The salmon is cooked when opaque in the centre. Around 30 seconds before the **salmon** is done, drizzle the **salmon** with **honey** and **soy** and glaze on all sides.



## 3. Make the Salsa

While the **rice** cooks, pour the **olive oil** (see ingredient list for amount) into a large bowl. Squeeze in the **lime juice** and season with **salt** and **pepper**. Mix together. Put the **mango**, **spring onion**, **chilli** (add less if you don't like spice) and **coriander** in the bowl and mix everything together to coat well and set aside.



## 6. Serve Up

Fluff up the **rice** with a fork and stir through the **lime zest** and the cooked **bok choy**. Divide the **rice** between plates and top with the **sticky salmon fillet** and any **sauce** left in the pan. Divide the **salsa** between the plates evenly.

## 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.