



Teriyaki Salmon Poke-Style Bowl

with Jasmine Rice, Sugar Snaps and Lime Chilli Kiwi Salsa

Classic 35 Minutes • Little Spice • 1 of your 5 a day

4



Kiwi



Red Chilli



Spring Onion



Lime



Jasmine Rice



Sugar Snap Peas



Garlic Clove



Salmon Fillet



Teriyaki Sauce





Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Zester, Two Small Bowls, Measuring Jug, Saucepan, Lid, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|---------------------|--------------|--------------|--------------|
| Kiwi** | 1 | 2 | 2 |
| Red Chilli** | 1 | 1 | 1 |
| Spring Onion** | 1 | 2 | 2 |
| Lime** | 1 | 1 | 1 |
| Olive Oil* | 1 tbsp | 1 ½ tbsp | 2 tbsp |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Jasmine Rice | 150g | 225g | 300g |
| Sugar Snap Peas** | 1 small pack | 1 large pack | 1 large pack |
| Garlic Clove** | 1 clove | 2 cloves | 2 cloves |
| Salmon Fillet 4)** | 2 | 3 | 4 |
| Teriyaki Sauce 11) | 1 sachet | 1 sachet | 2 sachets |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 366g | 100g |
| Energy (kJ/kcal) | 2335/558 | 639/153 |
| Fat (g) | 16 | 4 |
| Sat. Fat (g) | 3 | 1 |
| Carbohydrate (g) | 82 | 22 |
| Sugars (g) | 18 | 5 |
| Protein (g) | 31 | 8 |
| Salt (g) | 1.34 | 0.37 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 11) Soya

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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

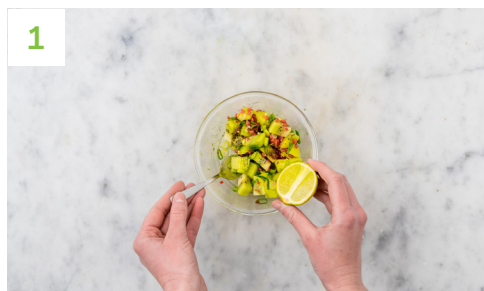
HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Make the Salsa

Peel the **kiwi**, halve lengthways and then chop into 1cm chunks. Halve the **chilli** lengthways, deseed then finely chop. Trim the **spring onion** and thinly slice. Zest and halve the **lime**. Pop the **kiwi**, **chilli** and **spring onion** into a bowl and squeeze in the **lime juice** and **olive oil** (see ingredients for amount). Season with **salt** and **pepper**, mix together then set aside.



Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add 0.25 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).



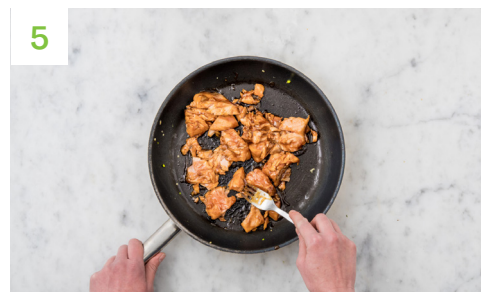
Cook the Sugar Snaps

Halve the **sugar snaps** lengthways down the middle, peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **sugar snap peas** and stir-fry until tender, 2-3 mins. Stir in the **garlic** and cook for 1 minute, then pop the **sugar snaps** in a bowl and cover with foil to keep warm.



Cook the Salmon

Return the pan to a medium-high heat and add a drizzle of **oil**. Season the **salmon** with **salt** and **pepper**, then lay it in the pan skin-side down. Fry for 4-5 mins, then turn and cook for 4-5 mins on the other side. Once cooked, carefully peel the skin off the salmon and discard. **IMPORTANT:** The salmon is cooked when it is opaque in the middle



Add the Sauce

Remove the pan from the heat and use a fork to pull apart the **salmon** into large flakes. Add the **teriyaki sauce** to the pan and gently toss to combine and coat the **salmon** in the **sauce**.



Serve!

Fluff up the **rice** with a fork and stir through the **lime zest**. Serve the **rice** in bowls with the **salmon** on top in one third, then the **kiwi salsa** (including the **juices**) in another third and the **garlicky sugar snaps** on the other third.

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.

