



Teriyaki Salmon Tacos

with Sweet Potato Chips and Toasted Sesame Mayo

STREET FOOD 35 Minutes

N° 18



Red Onion



Rice Vinegar



Sweet Potato



Salmon Fillet



Sesame Seeds



Mayonnaise



Soy Sauce



Honey



Ketjap Manis



Baby Gem Lettuce



Small Soft Shell Taco

Before you start

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

Basic cooking tools you will need: Two Baking Trays, Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Red Onion**	½	¾	1
Rice Vinegar**	1 sachet	1½ sachets	2 sachets
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Sweet Potato**	1	1½	2
Salmon Fillet 4)**	2	3	4
Sesame Seeds 3)	1 small pot	1 large pot	2 small pots
Mayonnaise 8) 9)**	2 sachets	3 sachets	4 sachets
Water for the Mayo Dressing*	1 tbsp	1½ tbsp	2 tbsp
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Baby Gem Lettuce**	1	1½	2
Small Soft Shell Taco 13)	6	9	12

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	658g	100g
Energy (kJ/kcal)	4600/1100	699/167
Fat (g)	43	7
Sat. Fat (g)	7	1
Carbohydrate (g)	137	21
Sugars (g)	38	6
Protein (g)	34	5
Salt (g)	4.22	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 4) Fish 8) Egg 9) Mustard 11) Soya 13) Gluten

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.

Contact

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Packed in the UK



1. Pickle the Onion

Preheat your oven to 200°C. Halve, peel and thinly slice the **red onion** (see ingredients for amount). Put the **rice wine vinegar** into a bowl and add the **sugar** (see ingredient list for amount). Stir together, then add the **red onion**. Stir to thoroughly coat the **onion** in the pickling liquor, then leave to the side until the end. **TIP:** Give the onion an extra toss to coat every now and then.



4. Make the Sauce

Meanwhile, heat a saucepan on medium heat and add the **sesame seeds** (no oil). Toast them until golden, 2 mins. Remove the pan from the heat and set aside (we'll use later.) Divide the **sesame seeds** between 2 separate medium bowls. Add the **mayo** to one of the bowls along with the **water** (see ingredients for amount). Season with **salt** and **pepper**. Stir together and set aside.



2. Roast the Chips

Chop the **sweet potato** into chips the length and thickness of your index finger (no need to peel). Pop the **chips** onto a baking tray, drizzle with a little **oil**, and season with **salt** and **pepper**. Arrange them in a single layer and roast them on the top shelf of your oven until golden, 25-30 mins. Turn halfway through.



5. Cook the Sauce

Add the **soy**, **honey**, and **ketjap manis** to the saucepan, pop back on medium heat and simmer until thick and sticky, 3-5 mins. This is your teriyaki sauce. Stir in the **sesame seeds** and set aside. Meanwhile, trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways, add the **baby gem** to the **sesame mayo dressing** and toss to coat. Set aside. Add the **teriyaki sauce** to the **salmon** and gently stir to combine.



3. Cook the Salmon

Lay the **salmon** on another baking tray skin-side down. Drizzle with **oil**, then season with **salt** and **pepper**. **IMPORTANT:** Wash your hands after handling raw fish. Roast the **salmon** for 15 mins. **IMPORTANT:** The fish is cooked when the centre is opaque. Once cooked, remove to a board skin side up, allow to cool a little, then peel off (and discard) the skin. Pop the **salmon** into a bowl gently pull apart the **salmon** into flakes. Set aside.



6. Finish and Serve

Add the **tacos** to the oven for 2-3 mins to warm through. Spread the **lettuce salad** on the base of each **taco** (3 per person), then add the **teriyaki salmon**. Finish with the **onion pickle**. Serve the **sweet potato chips** alongside.

Enjoy!