



Seared Salmon Rice Bowl

with Charred Corn Slaw & Sriracha Mayo

EXPLORER

NEW

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Celery



Sweetcorn



Sriracha



Mayonnaise



Salmon



Shredded Cabbage Mix



Ponzu Sauce



Crispy Shallots



Peeled Prawns

Recipe Update

Unfortunately, this week's salmon dumplings were in short supply, so we've replaced them with salmon. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins
Ready in: 30-40 mins

When word gets out that you're having salmon for dinner, you better set some extra places at the table because everyone will want a serving (or two)! No one can resist when it's drizzled in sriracha mayo and sprinkled in crispy shallots for crunch.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
celery	1 stalk	2 stalks
sweetcorn	1 tin	1 tin
sriracha	1 packet (20g)	1 packet (40g)
mayonnaise	1 medium packet	1 large packet
salmon	1 packet	2 packets
shredded cabbage mix	1 bag (150g)	1 bag (300g)
ponzu sauce	1 packet (30g)	1 packet (60g)
crispy shallots	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3919kJ (937Cal)	889kJ (212Cal)
Protein (g)	26.2g	5.9g
Fat, total (g)	38.9g	8.8g
- saturated (g)	11.4g	2.6g
Carbohydrate (g)	115.1g	26.1g
- sugars (g)	12.4g	2.8g
Sodium (mg)	1163mg	264mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4269kJ (1020Cal)	789kJ (189Cal)
Protein (g)	39.9g	7.4g
Fat, total (g)	39.4g	7.3g
- saturated (g)	11.5g	2.1g
Carbohydrate (g)	115.1g	21.3g
- sugars (g)	12.4g	2.3g
Sodium (mg)	1815mg	335mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to the pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the salmon

- When the rice has **10 minutes** remaining, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.

TIP: Cook in batches if your pan is getting crowded.



Get prepped

- Meanwhile, thinly slice **celery**. Drain the **sweetcorn**.
- In a small bowl, combine **sriracha** and **mayonnaise**. Season to taste and set aside.



Bring it all together

- While the salmon is cooking, add **shredded cabbage mix** to the bowl of **charred corn**, along with **celery**, **ponzu sauce** and a drizzle of **olive oil**. Toss to combine, then season to taste.



Char the corn

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

Custom Recipe: If you've added peeled prawns, cook prawns after cooking sweetcorn. Return the frying pan to medium-high heat with a drizzle of olive oil. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Transfer to a paper towel-lined plate.



Serve up

- Divide garlic rice between bowls.
- Top with seared salmon and charred corn slaw.
- Drizzle over sriracha mayo. Garnish with **crispy shallots** to serve. Enjoy!

Custom Recipe: Top rice with prawns to serve.

Rate your recipe

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