



# Garlic-Herb Salmon & Risoni Salad

with Herby Mayo & Radish

FAST & FANCY

CLIMATE SUPERSTAR

Grab your meal kit with this number

37



Risoni



Cucumber



Radish



Lemon



Salmon



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Mixed Salad Leaves



Dill & Parsley Mayonnaise

Prep in: 20-30 mins  
Ready in: 20-30 mins

Eat Me Early

Fish royalty is here to grace us with a luxurious dinner that comes together in a flash! A zingy salad of risoni and fresh veggies acts as the ultimate bed for blushing salmon, gently flavoured and perfectly seared. Scoop up a bite with a drizzle of herby mayo for a taste of fresh food heaven.

## Pantry items

Olive Oil



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
risoni	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
radish	1	2
lemon	½	1
salmon	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken-style stock powder	1 medium sachet	1 large sachet
mixed salad leaves	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2907kJ (695Cal)	738kJ (176Cal)
Protein (g)	36.5g	9.3g
Fat, total (g)	41.6g	10.6g
- saturated (g)	6.1g	1.5g
Carbohydrate (g)	40.8g	10.4g
- sugars (g)	5.1g	1.3g
Sodium (mg)	1101mg	279mg
Dietary Fibre (g)	4.7g	1.2g

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the risoni

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **risoni** in the boiling water until 'al dente', **7-8 minutes**.
- Drain **risoni**, then return to saucepan and allow to cool slightly.



## Cook the salmon

- In a large frying pan, heat drizzle of **olive oil** over medium-high heat.
- When pan is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.
- While the salmon is cooking, add **cucumber, radish, chicken-style stock powder, mixed salad leaves**, a generous squeeze of **lemon juice** and a drizzle of **olive oil** to the saucepan with the risoni. Toss to combine and season to taste.



## Get prepped

- Meanwhile, slice **cucumber** into half-moons. Thinly slice **radish**. Slice **lemon** into wedges.
- In a medium bowl, combine **salmon, garlic & herb seasoning** and a drizzle of **olive oil**.



## Serve up

- Divide risoni salad between bowls.
- Top with garlic and herb salmon and drizzle over **dill & parsley mayonnaise**.
- Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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