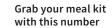


Garlic-Herb Salmon & Risoni Salad

with Herby Mayo & Radish

FAST & FANCY

CLIMATE SUPERSTAR











Cucumber





Radish



Lemon





Salmon

Garlic & Herb Seasoning





Leaves

Chicken-Style Stock Powder

Dill & Parsley



Mayonnaise

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



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.



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

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
risoni	1 medium packet	1 large packet	
cucumber	1 (medium)	1 (large)	
radish	1	2	
lemon	1/2	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	

Nutrition

*Pantry Items

Per Serving	Per 100g
2907kJ (695Cal)	738kJ (176Cal)
36.5g	9.3g
41.6g	10.6g
6.1g	1.5g
40.8g	10.4g
5.1g	1.3g
1101mg	279mg
4.7g	1.2g
	2907kJ (695Cal) 36.5g 41.6g 6.1g 40.8g 5.1g 1101mg

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.



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.



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.



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.



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!

