



Caribbean Salmon & Mango Salsa

with Coconut Corn Rice & Baby Broccoli

SUMMER TASTE TOURS

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Sweetcorn



Tinned Mango



Cucumber



Coriander



Garlic



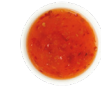
Radish



Baby Broccoli



Mild Caribbean Jerk Seasoning



Sweet Chilli Sauce



Salmon

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

Eat Me First

It's time to put your feet up, sit back and relax, preferably on a sunny beach with a chilled beverage because this bowl is ready for summer time vibes. Fresh Caribbean salmon with a fruitful mango salsa on top with a sunny yet mild chilli sauce to kick start the relaxation.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 tin	2 tins
water*	¾ cup	1½ cups
basmati rice	1 packet	1 packet
sweetcorn	1 tin (125g)	1 tin (300g)
tinned mango	½ tin	1 tin
cucumber	1 (medium)	1 (large)
coriander	1 bag	1 bag
garlic	2 cloves	4 cloves
radish	1	2
baby broccoli	1 bag	1 bag
salmon	1 packet	2 packets
mild Caribbean jerk seasoning	1 sachet	1 sachet
sweet chilli sauce	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3667kJ (876Cal)	570kJ (136Cal)
Protein (g)	38.2g	5.9g
Fat, total (g)	44.4g	6.9g
- saturated (g)	18.2g	2.8g
Carbohydrate (g)	81.2g	12.6g
- sugars (g)	22.9g	3.6g
Sodium (mg)	1053mg	164mg

The quantities provided above are averages only.

Allergens

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

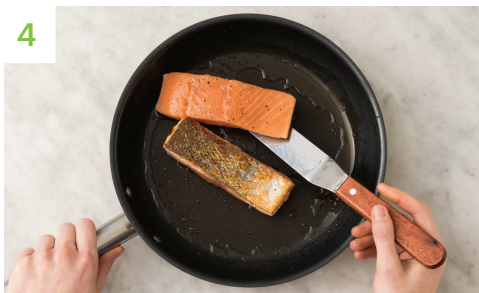
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the coconut rice

- In a medium saucepan, add **coconut milk**, the **water** and a generous pinch of **salt**, then bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove pan from the heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

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



Cook the salmon

- 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.
- Remove the pan from heat, then add **sweet chilli sauce** and a splash of **water** and gently turn the **salmon** to coat.



Get prepped

- Meanwhile, drain **sweetcorn** (see ingredients). Drain **tinned mango** (see ingredients) and roughly chop. Roughly chop **cucumber** and **coriander**. Finely chop **garlic**. Thinly slice **radish**. Halve any thicker **baby broccoli** stalks.
- Pat **salmon** dry with paper towel. In a medium bowl, combine **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Add **salmon** and gently turn to coat.



Toss the mango salsa

- While the salmon is cooking, add **radish**, **tinned mango**, **cucumber**, **coriander** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Toss to combine and season to taste.
- To the **coconut rice**, stir through **charred corn**.



Cook the veggies

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a bowl.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** until tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Season to taste. Transfer to a plate and cover to keep warm.

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



Serve up

- Divide coconut corn rice and baby broccoli between bowls. Top with Caribbean salmon and mango salsa to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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