



Sriracha Teriyaki Salmon Bowls

with Edamame and Pickled Radishes

Spicy

20 Minutes

Swap



Tilapia
300 g | 600 g

Double



Salmon Fillets,
skin-on
500 g | 1000 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Salmon Fillets,
skin-on
250 g | 500 g



Jasmine Rice
¼ cup | 1 ½ cups



Shanghai Bok
Choy
1 | 2



Edamame
56 g | 113 g



Radish
3 | 6



Brown Sugar
1 tbsp | 2 tbsp



Seasoned Rice
Vinegar
1 tbsp | 2 tbsp



Teriyaki Sauce
4 tbsp | 8 tbsp



Black Sesame
Seeds
1 tbsp | 2 tbsp



Sriracha
2 tsp | 4 tsp



Garlic, cloves
1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, salt, pepper, oil

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, parchment paper, small pot, strainer

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Add 1 cup (2 cups) water and ½ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Using a strainer, rinse **rice** until **water** runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

4



Cook veggies

- Heat a large non-stick pan over medium heat.
- Meanwhile, cut **bok choy** into ½-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt!)
- When the pan is hot, add ½ **tbsp** (1 **tblsp**) **oil**, then **edamame**.
- Cook, stirring often, until **edamame** begins to brown, 3 min.
- Add **bok choy**. Cook, stirring occasionally, until tender-crisp, 2-3 min. Season with **salt** and **pepper**.
- Remove from heat, then transfer **veggies** to a plate.

2



Pickle radishes

- Meanwhile, halve **radishes**, then thinly slice into half-moons.
- Add **radishes**, **vinegar**, **2 tbsp** (4 **tblsp**) **water** and **1 tsp** (2 **tsp**) **sugar** to a small pot. Season with **salt**.
- Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove from heat. Transfer **radishes**, including **pickling liquid**, to a medium bowl. Place in the fridge to cool.

5



Make sauce

- Reheat the same pan over medium-low.
- While the pan heats, peel, then mince or grate **garlic**.
- When the pan is hot, add ½ **tbsp** (1 **tblsp**) **oil**, then **garlic**. Cook, stirring occasionally, until fragrant, 30 sec.
- Add **brown sugar** and **teriyaki sauce**. Season with **pepper**. Cook, stirring occasionally, until **brown sugar** dissolves and **sauce** thickens slightly, 1-2 min.

3



Roast salmon

🔄 Swap | Tilapia

×2 Double | Salmon Fillets, skin-on

- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange on a parchment-lined baking sheet, skin-side down. Drizzle with ½ **tbsp** (1 **tblsp**) **oil**.
- Roast in the **middle** of the oven until cooked through, 7-10 min. **

6



Finish and serve

- Drain **pickled radishes**, discarding liquid.
- Fluff **rice** with a fork, then stir in **black sesame seeds**.
- Divide **rice** between bowls. Top with **edamame-bok choy mixture**, **pickled radishes** and **salmon**.
- Spoon **teriyaki sauce** over **salmon**.
- Drizzle **sriracha** over top, if desired.

Measurements
within steps

1 **tbsp** (2 **tblsp**) **oil**
2 person 4 person Ingredient

3 | Roast tilapia

🔄 Swap | Tilapia

If you've opted to get **tilapia**, season and cook it in the same way the recipe instructs you to season and cook the **salmon**. **

3 | Roast salmon

×2 Double | Salmon Fillets, skin-on

If you've opted for **double salmon**, cook it in the same way the recipe instructs you to cook the **regular portion of salmon**.

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.