



# Carb Smart Jerk-Spiced Salmon Bowl

with Farro and Pineapple-Kale Slaw

Carb Smart

Spicy

25 Minutes



Salmon Fillets, skinless



Kale Slaw Mix



Lime



Jerk Spice Blend



Cilantro



Pineapple, spears



Farro



Mayonnaise



Garlic

HELLO FARRO

An ancient grain with nutty chewy texture!

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, microplane/zester, measuring spoons, strainer, medium pot, large bowl, parchment paper, small bowl, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Kale Slaw Mix	113 g	227 g
Lime	2	4
Jerk Spice Blend 🍷	1 tbsp	1 tbsp
Cilantro	7 g	14 g
Pineapple, spears	95 g	190 g
Farro	½ cup	1 cup
Mayonnaise	2 tbsp	4 tbsp
Garlic	3 g	6 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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## Cook farro

Add **farro** and **3 cups water** (dbl for 4 ppl) to a medium pot. Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cook uncovered until **farro** is tender, 16-18 min. When **farro** is done, drain and set aside.



## Make kale slaw

While **salmon** bakes, whisk together **1 ½ tbsp lime juice**, **1 ½ tbsp oil** (dbl both for 4 ppl) and **half the lime zest** in a large bowl. (**TIP:** Add ¼ tsp sugar [dbl for 4 ppl], if desired.) Season with **salt** and **pepper**. Add **pineapple**, **kale slaw mix** and **half the cilantro**. Toss to combine.



## Prep

While **farro** cooks, cut **pineapple** into ¼-inch pieces. Zest, then juice **limes**. Roughly chop **cilantro**. Peel, then mince or grate **garlic**. Pat **salmon** dry with paper towels. Season with **salt**, **pepper** and **½ tbsp Jerk Spice Blend** (dbl for 4 ppl).



## Make garlic-lime aioli

Stir together **mayo**, **garlic**, **remaining lime zest** and **1 tsp lime juice** (dbl for 4 ppl) in a small bowl. Season with **salt**.



## Bake salmon

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**. Cook, flipping halfway through, until golden, 2-3 min. Transfer **salmon** to a parchment-lined baking sheet. Bake in the **middle** of the oven until **salmon** is cooked through, 6-8 min.\*\*



## Finish and serve

Add **2 tbsp butter** (dbl for 4 ppl) to **farro**. Season with **salt** and **pepper**, then stir until **butter** melts. Break **salmon** into large flakes with two forks. Divide **farro** between bowls. Serve **kale slaw** and **salmon** alongside, then dollop **garlic-lime aioli** over top. Sprinkle with **remaining cilantro**.

## Dinner Solved!