



Honey-Sriracha Roasted Salmon

with Pan-Fried Vegetables

Spicy

30 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to double the salmon, simply follow the instructions on the back of this card and you're set.

Happy cooking!



Salmon



Double Salmon



Sriracha



Honey



Zucchini



Baby Tomatoes



Garlic Puree



Basmati Rice



Garlic Salt

HELLO HONEY-SRIRACHA

The perfect spicy, sweet and savoury combo!

Start here

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

Bust out

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

Ingredients

| | 2 Person | 4 Person |
|------------------|----------|----------|
| Salmon | 250 g | 500 g |
| Double Salmon | 500 g | 1000 g |
| Sriracha 🌶️ | 2 tsp | 4 tsp |
| Honey | 1 tbsp | 2 tbsp |
| Zucchini | 200 g | 400 g |
| Baby Tomatoes | 113 g | 227 g |
| Garlic Puree | 1 tbsp | 2 tbsp |
| Basmati Rice | ¾ cup | 1 ½ cups |
| Garlic Salt | 1 tsp | 2 tsp |
| 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 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.

Contact

Call us | (855) 272-7002
HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



Prep and cook rice

- Add **1 ¼ cups water** and **½ tsp garlic salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, cut **zucchini** in half lengthwise, then into ½-inch half-moons.
- Halve **tomatoes**.
- Add **rice** to the **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Finish veggies

- Add **tomatoes** to the pan with **zucchini**. Cook, stirring occasionally, until slightly blistered, 1-2 min.
- Remove the pan from heat.
- Add **garlic puree**. Season with **remaining garlic salt** and **pepper**, then stir to combine.



Roast salmon

- Meanwhile, combine **sriracha** and **honey** in a small bowl.
- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **salmon** on a parchment-lined baking sheet, skin-side down.
- Spoon **honey-sriracha sauce** over top.
- Roast in the **middle** of the oven until **salmon** is cooked through, 10-12 min.**

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



Finish and serve

- Fluff **rice** with a fork, then season with **salt** and **pepper**, to taste.
- Divide **veggies** and **rice** between plates. Top with **honey-sriracha roasted salmon**.
- Drizzle **any remaining sauce** from the baking sheet over **salmon**.

Dinner Solved!