



Honey-Sriracha Roasted Salmon

with Pan-Fried Vegetables

Spicy

30 Minutes



Salmon Fillets,
skinless



Sriracha



Honey



Zucchini



Baby Tomatoes



Garlic Puree



Basmati Rice



Parsley

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 Fillets, skinless	250 g	500 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 cup
Parsley	7 g	14 g
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.

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Prep and cook rice

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. While **water** comes to a boil, cut **zucchini** in half lengthwise, then into ½-inch half-moons. Halve **tomatoes**. Roughly chop **parsley**. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove pot from heat. Set aside, still covered.



Finish veggies

Remove pan from heat. Add **tomatoes** and **half the parsley**. Season with **salt** and **pepper**, then stir to combine.



Cook salmon

While **rice** cooks, 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. Spoon **honey-sriracha sauce** over top. Bake in the **middle** of the oven until **salmon** is cooked through, 10-12 min.**



Finish and serve

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

Dinner Solved!



Start veggies

While **salmon** roasts, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Add **garlic puree**. Cook, stirring often, until fragrant, 1-2 min.