



# Pan-Fried Salmon with Soy-Glazed Bok Choy

Sriracha Mayo and Ginger-Infused Jasmine Rice

30 Minutes



Salmon Fillets,  
skinless



Shanghai Bok Choy



Ginger



Honey



Mayonnaise



Jasmine Rice



Garlic



Soy Sauce-Mirin Blend



Green Onions



Sriracha

HELLO SRIRACHA

*A sauce made from sun-dried chilis*

## Start here

Before starting, wash and dry all produce.

## Bust Out

Measuring spoons, medium pot, 2 small bowls, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Jasmine Rice	¾ cup	1 ½ cup
Shanghai Bok Choy	226 g	452 g
Garlic	6 g	12 g
Ginger	30 g	60 g
Soy Sauce-Mirin Blend	4 tbsp	8 tbsp
Honey	1 tbsp	2 tbsp
Green Onions	2	4
Mayonnaise	2 tbsp	4 tbsp
Sriracha 🌶️	1 tsp	2 tsp
Sugar*	½ tsp	1 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 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.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



### 1

Separate **bok choy leaves**, then cut into 1-inch pieces. Thinly slice **green onions**. Peel, then grate **1 tbsp ginger** (dbl for 4 ppl). Peel, then mince or grate **garlic**. Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.



### 4

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry, until golden-brown and cooked through, 2-3 min per side.\*\*



### 2

Heat a medium pot over medium heat. Add **1 tbsp oil** (dbl for 4 ppl), then **half the green onions** and **half the ginger**. Cook, stirring often, until fragrant, 1 min. Add **rice** and **1 ½ cups water** (2 ½ cups for 4 ppl). Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



### 5

When **salmon** is cooked through, transfer to a plate and set aside. Using the same pan, reduce heat to medium-low. Add **bok choy** and **glaze**. Cook, stirring often, until tender-crisp, 1-2 min.



### 3

While **rice** cooks, stir together **mayo**, **1 tsp water**, **½ tsp sugar** and **1 tsp sriracha** (dbl all for 4 ppl) in a small bowl. Set aside. (NOTE: This is your sriracha mayo!) Combine **soy sauce-mirin blend**, **garlic**, **honey**, **remaining ginger** and **3 tbsp water** (dbl for 4 ppl) in another small bowl. Set aside. (NOTE: This is your glaze!)



### 6

Fluff **rice** with a fork, then stir in **remaining green onions**. Season with **salt**. Divide rice and **bok choy** between plates. Top with **salmon** and spoon over any **remaining glaze** from the pan. Drizzle over some **sriracha mayo** to taste.

## Dinner Solved!