



# Smart Coconut Salmon Soup

with Mushrooms and Squash

Carb Smart

Calorie Smart

Optional Spice

30 Minutes



Salmon Fillets,  
skin-on



Coconut Milk



Thai Seasoning



Mushrooms



Lime



Red Chili Pepper



Butternut Squash,  
cubes



Shanghai Bok Choy



Vegetable Broth  
Concentrate

## HELLO THAI SEASONING

A rich blend of lemongrass, coconut and aromatic spices!

# Start here

Before starting, wash and dry all produce.

## Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp
- Extra-spicy: 2 tsp

## Bust out

Measuring spoons, zester, measuring cups, large pot, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Coconut Milk	165 ml	400 ml
Thai Seasoning	1 tbsp	2 tbsp
Mushrooms	113 g	227 g
Lime	1	1
Red Chili Pepper 🌶️	1	2
Butternut Squash, cubes	170 g	340 g
Shanghai Bok Choy	113 g	226 g
Vegetable Broth Concentrate	1	2
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 or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA

1



## Prep

Thinly slice **mushrooms**. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Cut **bok choy** into 1-inch pieces. Finely chop **chili**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping chili!)

2



## Cook veggies

Heat a large pot over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **mushrooms** and **squash**. Cook, stirring occasionally, until softened slightly, 5-6 min.

3



## Make broth

Reduce heat to medium, then add **Thai Seasoning** and **½ tsp chili** to the pot with **veggies**. (**NOTE:** Reference heat guide.) Cook, stirring often, until fragrant, 30 sec. Add **coconut milk, broth concentrate, 1 ½ cups water** and **¼ tsp salt** (dbl both for 4 ppl). Bring to a boil over high heat. Once boiling, reduce heat to medium.

4



## Poach salmon

While **broth** comes to a boil, pat **salmon** dry with paper towels. Season with **salt** and **pepper**. Add **salmon** to **broth**. Cover and poach, flipping halfway through, until **squash** is tender and **salmon** is cooked through, 5-6 min.\*\*

5



## Finish soup

Add **bok choy, lime zest** and **1 tsp lime juice** (dbl for 4 ppl) to the pot. Cover and cook until **bok choy** wilts, 1-2 min.

6



## Finish and serve

Divide **salmon, soup** and **veggies** between bowls. Squeeze over a **lime wedge**, if desired.

## Dinner Solved!