



# Smart Coconut Salmon Soup

with Sweet Potatoes

Carb Smart

Calorie Smart

Optional Spice

30 Minutes



Salmon Fillets, skin-on



Coconut Milk



Red Curry Base



Carrot



Red Chili Pepper



Sweet Potato



Shanghai Bok Choy



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HELLO COCONUT MILK  
A delicious dairy alternative!

## Start here

Before starting, wash and dry all produce.

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

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

## Bust out

Vegetable peeler, measuring spoons, 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
Red Curry Base	½ cup	1 cup
Carrot	170 g	340 g
Red Chili Pepper 🌶️	1	2
Sweet Potato	170 g	340 g
Shanghai Bok Choy	226 g	452 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 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

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## 1 Prep

- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Peel, then cut **sweet potato** into ½-inch pieces.
- Cut **bok choy** into 1-inch pieces.
- Finely chop **chili**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping chilis!)



## 4 Poach salmon

- Meanwhile, pat **salmon** dry with paper towels. Season with **salt** and **pepper**.
- Add **salmon** to soup. Cover and poach, flipping halfway through, until **veggies** are tender and **salmon** is cooked through, 5-7 min. \*\* (**TIP:** If desired, carefully transfer salmon to a plate, skin-side up. Remove skin with a fork, then discard.)



## 2 Cook veggies

- Heat a large pot over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **carrots** and **sweet potatoes**. Cook, stirring occasionally, until **veggies** soften slightly, 5-7 min.



## 5 Finish soup

- Add **bok choy** to **soup**. Cover and cook until **bok choy** wilts, 1-2 min.



## 3 Start soup

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



## 6 Finish and serve

- Divide **coconut salmon soup** between bowls.
- Sprinkle **any remaining chilis** over top, if desired.

## Dinner Solved!