



# Speedy Teriyaki Salmon

with Bok Choy, Green Beans and Saucy Noodles

**FAMILY** 20 Minutes



Salmon Fillets, skinless



Mirin-Soy Blend



Ramen Noodles



Green Beans



Cornstarch



Garlic Salt



Shanghai Bok Choy



Green Onions



Honey

**HELLO TERIYAKI**

*The sweet and savoury combination of mirin-soy, honey and garlic makes a delicious sauce!*

# Start Strong

Before starting, add 10 cups water and 2 tsp salt to a large pot. Cover and bring to a boil over high heat. Preheat the oven to 450°F and wash and dry all produce.

## Bust Out

Paper Towels, 9x13-Inch Baking Dish, Measuring Spoons, Measuring Cups, Strainer, Large Pot, Medium Pot, Whisk, Large Bowl

## Ingredients

	4 Person
Salmon Fillets, skinless	570 g
Mirin-Soy Blend	¾ cup
Ramen Noodles	400 g
Green Beans	340 g
Cornstarch	1 tbsp
Garlic Salt	1 ½ tsp
Shanghai Bok Choy	454 g
Green Onions	2
Honey	4 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.*



### 1. PREP

Cut stems off **beans**. Thinly slice **green onions**. Roughly chop **bok choy**. Pat the **salmon** dry with paper towels. Sprinkle over **half the garlic salt**. Season with **pepper**.



### 2. BAKE SALMON

Place **salmon** in a lightly oiled 9x13-inch baking dish, then drizzle over ½ **tbsp oil**. Bake in **middle** of oven, until **salmon** is cooked through, 10-12 min.\*\*



### 3. COOK NOODLES & VEGGIES

While **salmon** bakes, add **noodles, bok choy** and **beans** to the **boiling water**. Cook, stirring occasionally, until tender, 3-4 min. Drain and rinse with **warm water** then return to the same pot. Set aside.



### 4. MAKE TERIYAKI SAUCE

Whisk together **mirin-soy blend, honey, cornstarch, remaining garlic salt** and ¾ **cups water** in a large bowl. Heat a medium pot over medium-high heat. Add **teriyaki sauce** to the pot. Cook, stirring together, until **sauce** thickens slightly, 2-3 min.



### 5. FINISH NOODLES & VEGGIES

Add **teriyaki sauce** to pot with **noodles** and **veggies**. Stir together, until **noodles** are coated, 1 min. Season with **salt** and **pepper**.



### 6. FINISH & SERVE

Divide **noodles** and **veggies** between plates. Top with **salmon** and sprinkle over **green onions**.

## Dinner Solved!

## Contact

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hello@hellofresh.ca  
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