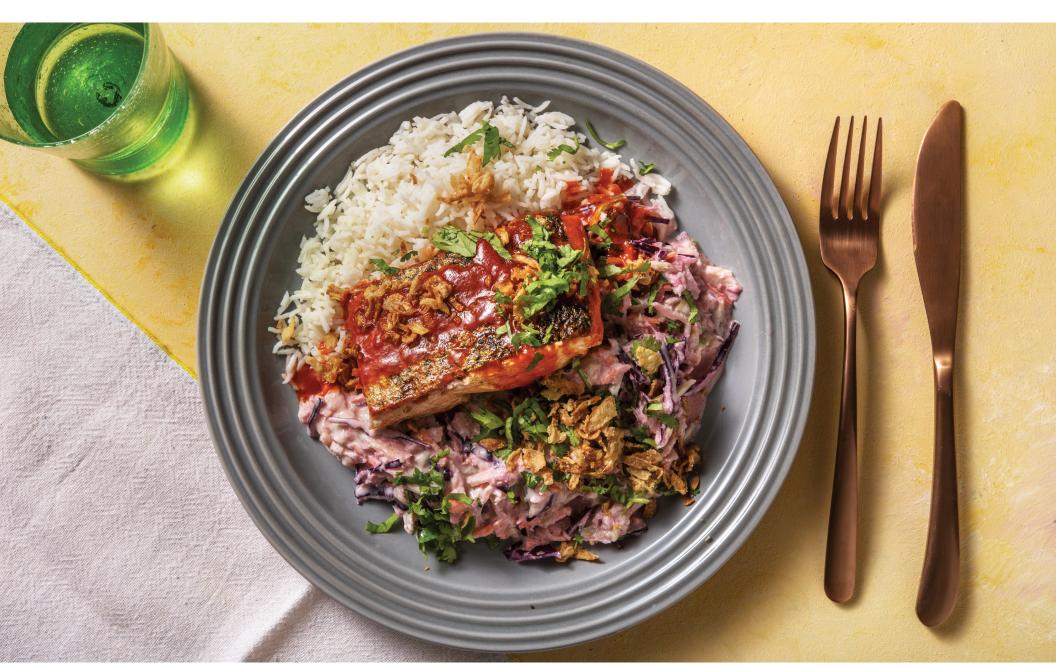


Sichuan-Glazed Salmon with Creamy Slaw & Rice

Grab your Fresh & Fast Meal Kit

FRESH & FAST Box to plate: 15 mins

Eat me first



Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)





Medium Frying Pan

Microwave

1. Sizzle



Salmon



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Sichuan

Sichuan Garlic Paste

2. Toss





Pear

Cucumber





Mayonnaise

3. Zap





Microwavable Basmati Rice

Sesame Dressing





Coriander

Crispy Shallots

From the pantry





Salt & Pepper

From the cool pouch

	2P	4P
Salmon	1 pkt	1 pkt
Sichuan Garlic Paste	1 pkt (80g)	2 pkts (160g)
Mayonnaise	1 pkt (40g)	2 pkt (80g)
Sesame Dressing	1 pkt (30g)	1 pkt (60g)

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

- Pat salmon dry with paper towel and season
- Heat **olive oil** in a frying pan over medium-high heat
- Add salmon, skin-side down, and cook until just cooked through,
 3-4 mins each side
- Remove pan from the heat, add **Sichuan paste** and turn to coat

- Meanwhile, thinly slice pear and cucumber
- In a bowl, combine slaw mix, pear and cucumber
- Add mayo, toss and season

- Zap rice in microwave until steaming, 2-3 mins
- Plate up rice, salmon and slaw
- Drizzle with dressing
- Roughly chop coriander
- Garnish with crispy shallots and coriander to serve





