



# Sichuan-Glazed Salmon with Creamy Slaw & Rice

Grab your  
Fresh & Fast  
Meal Kit



**FRESH & FAST**

Box to plate: 15 mins

Eat me first



**Nutrition Per Serving:** Energy 3671kJ (877Cal) | Protein 36g | Fat, total 51.7g - saturated 9.1g | Carbohydrate 64.2g - sugars 22.8g | Sodium 986mg

Contact us | [hello@hellofresh.com.au](mailto:hello@hellofresh.com.au)  
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# 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

## From the pantry



Olive Oil



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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Sizzle



Salmon



Sichuan Garlic Paste

## 2. Toss



Pear



Cucumber



Slaw Mix



Mayonnaise

## 3. Zap



Microwavable Basmati Rice



Sesame Dressing



Coriander



Crispy Shallots

- 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

