



Sichuan-Glazed Salmon with Creamy Slaw & Rice

FRESH & FAST

Box to plate: 15 mins

Eat me first

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3779kJ (903Cal) | Protein 37.1g | Fat, total 53.1g - saturated 9.2g | Carbohydrate 66.8g - sugars 22.7g | Sodium 984mg
The quantities provided above are averages only.

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Get ready

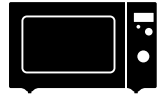
Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large 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	2 pkts
Mayonnaise	1 pkt (40g)	2 pkts (80g)
Sesame Dressing	1 pkt	1 pkt

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.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



Coriander



Sesame Dressing



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 first, and cook until just cooked through, **3-4 mins** each side
- Remove pan from heat, add **Sichuan paste** and turn to coat

- Slice **pear** and **cucumber** into thin sticks
- In a bowl, combine **slaw mix**, **pear** and **cucumber**
- Add **mayo**, toss and season to taste

- Microwave **rice** until steaming, **2-3 mins**
- Plate up **rice**, **salmon** and **slaw**
- Drizzle with **sesame dressing**
- Serve topped with **crispy shallots** and torn **coriander**

