

# Crispy Salmon

## with Coconut Rice and Crackle Topping

**hellóchef**

Get ready for some heavenly flavours! The crackle topping is made from crunchy peanuts, sesame seeds, garlic and ginger.

Cals 932 • Prot 52 • Carbs 97 • Fat 45

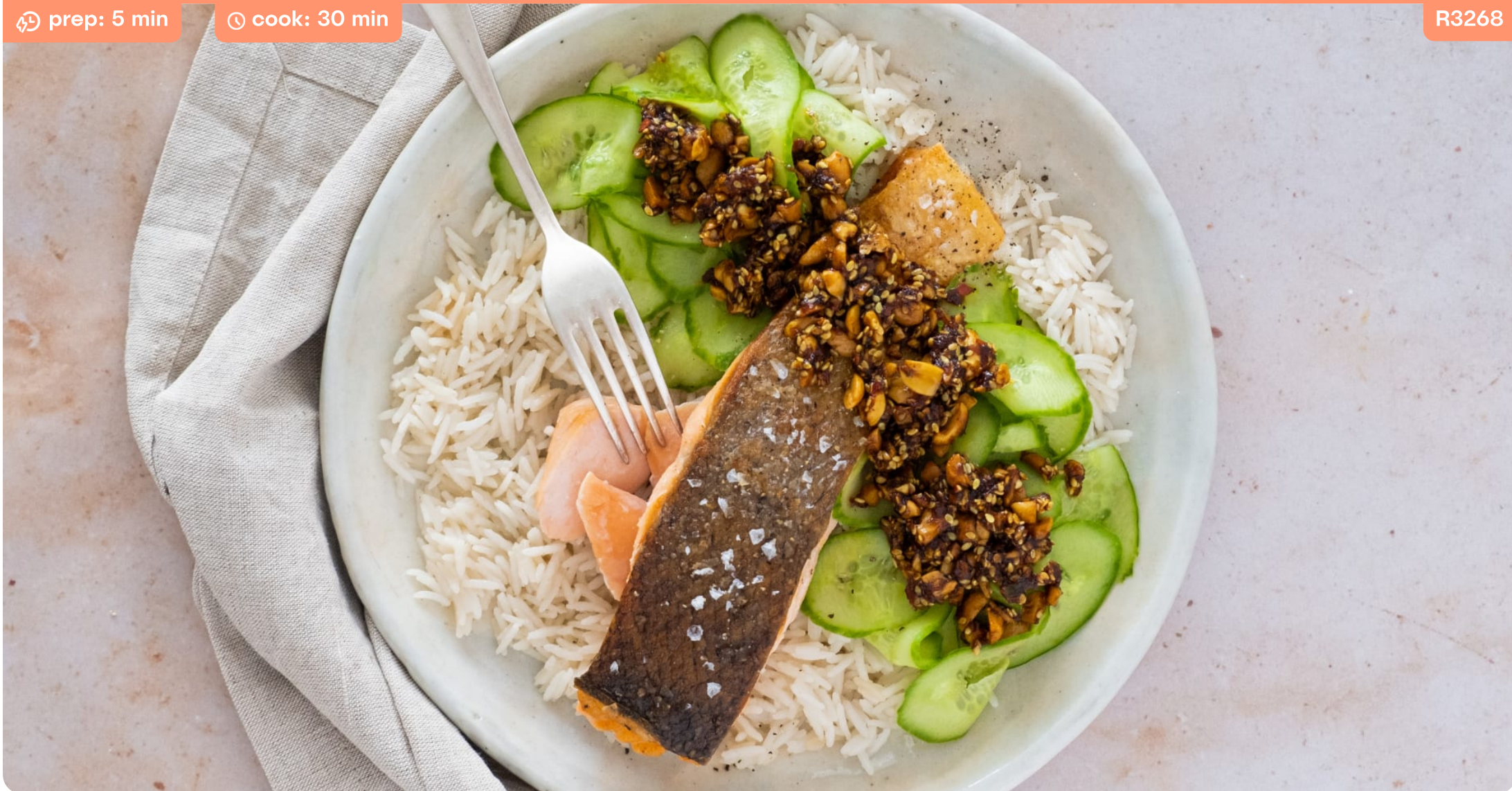
**Quick Prep**

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⚡ prep: 5 min

🕒 cook: 30 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salmon & cucumber	2 ppl	3 ppl	4 ppl	
Skin-on salmon fillet 6*	350	525	700	Grams
Salt	1	1	2	Tsp
Olive oil	1	1	2	Tbsp
Cucumber	2	3	4	Piece
Lime	1	2	2	Piece
Rice				
Jasmine rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	700	ML
Coconut flakes	10	15	20	Grams
Crackle sauce				
Salted peanuts 1*	60	80	120	Grams
Garlic cloves	1	2	2	Piece
Ginger	30	45	60	Grams
Sesame seeds 3*	10	15	20	Grams
Turmeric powder	2	2	4	Grams
Chilli flakes	2	2	4	Grams
Olive oil	2	3	4	Tbsp
Honey	15	15	30	Grams
Tamari 9*	22	30	44	ML

Allergens

\*6 Fish, \*1 Peanuts, \*3 Sesame Seeds, \*9 Soya

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3897 / 932
Fat (g)	45
of which saturates (g)	8.6
Carbohydrate (g)	97
of which sugars (g)	11.2
Fiber (g)	7.9
Protein (g)	51.7
Salt (g)	7.2

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Rinse the **rice**. Add the **rice**, a pinch of **salt**, **measured water** and **coconut flakes** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



2 Make crackle

Meanwhile, roughly chop the **peanuts**. Peel and grate the **garlic** and the **ginger** directly into a large pan. Place the pan over a medium heat with the **peanuts, sesame seeds, turmeric powder, chilli flakes (spicy!), olive oil, honey** and **tamari**. Stir for 4-5 min or until the mix thickens. Transfer to a plate and set aside. Reserve the pan.

**Tip!** Use a rubber spatula to mix the crackle while frying it, and for scraping it from the pan onto a plate.



3 Fry salmon

Portion the **salmon**. Pat the **salmon** skin dry. Sprinkle the skin with **salt**. Wipe the reserved pan clean. Return the pan to medium-high heat with a drizzle of **oil**. Once hot, add the **salmon** skin-side down and cook for 3-4 min. Flip and cook for 3-4 further or until cooked through.



4 Prep cucumber

Meanwhile, slice or shave the **cucumber**. Juice the **lime** into a bowl and add the **cucumber** slices.

**Tip!** If cooking for kids, reserve some cucumber without the lime.



5 Serve

Divide the **coconut rice** among plates. Serve the fried **salmon** skin side up with the sliced **cucumbers** to the side. Top with the **crackle**.

**Tip!** If cooking for kids, serve their salmon, rice and the reserved fresh cucumbers separately. Serve some crackle on the side.