

Salmon in Sesame Sauce

with Jasmine Rice and Spinach Salad

hellóchef

Like all oily fish, salmon is rich in omega-3 fatty acids, making it an excellent promoter of heart and brain health.

Cals 849 • Prot 61 • Carbs 93 • Fat 33

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🕒 cook: 30 min

R3501



Before you start

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

Ingredients

Salmon	2 ppl	3 ppl	4 ppl	
Skinless salmon fillet 6*	350	525	700	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Rice				
Jasmine rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML
Sauce				
Tahini 3*	30	40	60	Grams
Miso paste 9*	20	30	40	Grams
Honey	15	15	30	Grams
Rice vinegar	15	22	30	ML
Water	20	35	60	ML
To serve				
Spinach	200	300	450	Grams
Garlic cloves	2	3	4	Piece
Edamame beans 9*	100	150	200	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Sesame oil 3*, 9*	15	22	30	ML
Sesame seeds 3*	10	10	15	Grams
Sushi ginger	40	60	80	Grams

Allergens

*6 Fish, *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten

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)	3216 / 849
Fat (g)	32.6
of which saturates (g)	4.7
Carbohydrate (g)	93
of which sugars (g)	8.3
Fiber (g)	6.9
Protein (g)	60.5
Salt (g)	2.7

*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 **jasmine rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan 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 pan from heat and keep covered until serving.



2 Prep

Meanwhile, trim the **spinach** stalks. Place the leaves in a colander and pour the freshly boiled water from a kettle over it. Once the **spinach** is cool enough to handle, give it a good squeeze and chop it roughly. Peel and mince the **garlic**.



3 Make sauce

Add the **tahini**, **miso**, **honey** and **vinegar** to a bowl and whisk. Gradually add [1/2/2] tbsp of **water** and continue to whisk until smooth. Set aside.



4 Cook spinach

Heat a pan over a high heat with a drizzle of **vegetable oil**. Add the **garlic** and **edamame beans** and fry for 1 min. Remove the pan from the heat and add the **soy sauce**, **sesame oil**, **sesame seeds** and chopped **spinach**. Toss. Transfer to a bowl or plate.



5 Fry salmon

Portion the **salmon**. Return the pan to a high heat (no need to wash it) with another drizzle of **oil**. Once hot, add the **salmon fillets** and cook for 3-4 min on either side until cooked through. Season with **salt** and **pepper**.



6 Serve

Serve the **salmon** with the **spinach salad** and **sushi ginger** to the side. Drizzle the **salmon** with the **sesame sauce**.

Tip! Fussy kids? Serve their salmon without the sauce!