



Sesame Coated Salmon

with zesty rice and broccoli

Calorie Smart 30-35 mins • Spicy • Eat me first

11



Salmon



Sesame Seeds



Red Thai Style Paste



Jasmine Rice



Lime



Ketjap Manis



Garlic



Honey



Broccoli

Pantry Items: Pepper, Butter, Oil, Water, Salt

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, pan with lid, pot with lid, zester

Ingredients

	2P	4P
Salmon	200 g	400 g
Sesame Seeds	1 sachet	2 sachets
Red Thai Style Paste	1 sachet	2 sachets
Jasmine Rice	150 g	300 g
Lime	1 unit	2 units
Ketjap Manis	1 sachet	2 sachets
Garlic	3 units	6 units
Honey	2 sachets	4 sachets
Broccoli	1 unit	1 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients	391 g	100 g
Energy (kJ/kcal)	2715.4 kJ/ 649 kcal	694.5 kJ/ 166 kcal
Fat (g)	20.6 g	5.3 g
Sat. Fat (g)	3.6 g	0.9 g
Carbohydrate (g)	82.2 g	21 g
Sugars (g)	14.6 g	3.7 g
Protein (g)	34.5 g	8.8 g
Salt (g)	2.7 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Boil the Rice

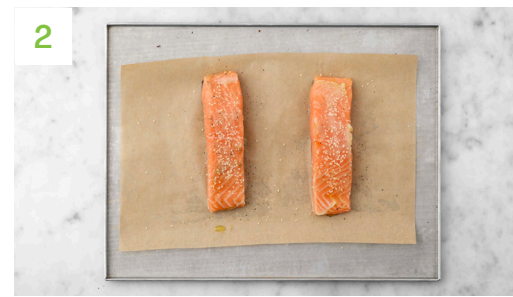
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid. Leave to cook for 12 mins, then remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Make the Sauce

- Transfer the **broccoli** to a bowl and cover to keep warm.
- Pop the pan back on medium-high heat.
- Stir 75ml **water** (double for 4p), **red Thai paste**, **ketjap manis** and **honey** into the pan.
- Bring to the boil and cook until reduced by **half**, 3-5 mins.
- Once reduced, remove from the heat.

TIP: If your honey has hardened, pop the sachet in a bowl of hot water for 1 min.



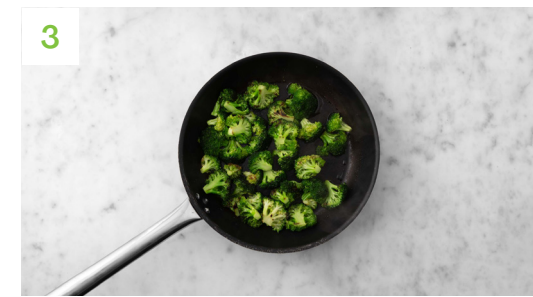
Bake the Salmon

- Peel and grate the **garlic** (or use a garlic press).
- Lay the **salmon**, skin-side down, onto a lined baking tray.
- Drizzle with **oil**, add **half** the **garlic** and lightly season with **salt** and **pepper**. Rub to coat evenly.
- Scatter the **sesame seeds** over the top.
- When the oven is hot, roast on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.



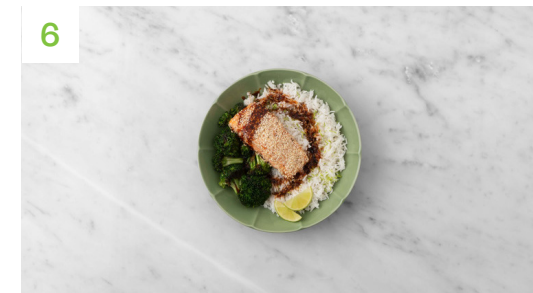
Finishing Touches

- Stir 1 tbsp **butter** (double for 4p) into the sauce.
- Season to taste with **salt**, **pepper** and a squeeze of **lime** juice.
- Add a splash of **water** to loosen the sauce if required.
- Once ready, fluff up the **rice** with a fork and stir through the **lime** zest.



Char the Broccoli

- Cut the **broccoli** into florets (like small trees). Halve any large florets.
- Zest and halve the **lime**.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **broccoli** for 2-3 mins, add the remaining **garlic** and cook for 30 secs.
- Add a splash of **water** and cover with a lid or some foil. Cook until the **broccoli** is tender, 4-5 mins.



Garnish and Serve

- Share the zesty **lime rice** between bowls.
- Top with the sesame **salmon**, spooning over the sauce from the pan.
- Serve the **broccoli** alongside.
- Cut any remaining **lime** into wedges and serve on the side for squeezing over.

Enjoy!