



Creamy Salmon and Leek Stew with buttery rice

Quick Cook 20 – 25 mins

15



Salmon



Leek



Carrot



Stock



Creme Fraiche



Rice



Lemon



Thyme

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



Rate your recipe!

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

Pot with lid

Ingredients

	2P	4P
Salmon	200 g	400 g
Leek	1 unit	2 units
Carrot	1 unit	2 units
Stock	1 sachet	2 sachets
Crème Fraiche	110 g	220 g
Rice	150 g	300 g
Lemon	1 unit	2 units
Thyme	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	467.5 g	100 g
Energy (kJ/kcal)	3071.1 kJ/ 734 kcal	656.9 kJ/ 157 kcal
Fat (g)	30.9 g	6.6 g
Sat. Fat (g)	11.3 g	2.4 g
Carbohydrate (g)	87 g	18.6 g
Sugars (g)	9.9 g	2.1 g
Protein (g)	31.1 g	6.7 g
Salt (g)	1.9 g	0.4 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.

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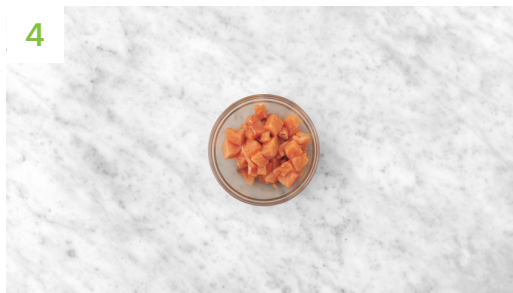


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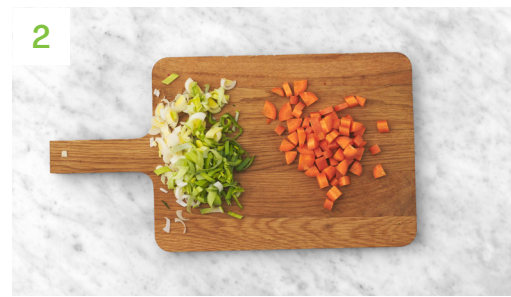
Boil the Rice

- Add 300ml cold **salted water** (double for 4p) to a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Season the Salmon

- Meanwhile, pat the diced **salmon** to remove excess moisture. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Season with **salt** and **pepper**



Get Prepped

- Meanwhile, remove the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice widthways.
- Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.



Finishing touches

- Once the veg is cooked, add the **crème fraiche** and mix well to combine.
- Scatter the **salmon** cubes over the stew.
- Cover and cook for another 4-5 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.
- Quarter the **lemon**.
- Taste the stew and season with **salt** and **pepper**. Add a splash of **water** if you feel it's too thick.



Start the Stew

- Place a separate large pot over medium-high heat with a drizzle of **oil**.
- Once hot, cook the **carrot** and **leek** until softened, 4-5 mins. Season with **salt** and **pepper**.
- Pick the **thyme** leaves and discard the stalks.
- Add the **thyme**, **stock** and 100ml **water** (double for 4p).
- Cover and simmer until the veg is tender, 4-6 mins.



Serve and Enjoy

- Stir a knob of **butter** through the **rice**, fluffing it up as you go. Divide between plates.
- Top with the **leek** and **salmon** stew.
- Add a squeeze of **lemon**.
- Serve any remaining **lemon** wedges on the side.

Enjoy!