

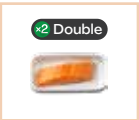


Mexican-Style Salmon and Rice Bowls

with Tomato-Cucumber Salsa

Family Friendly

30 - 40 Minutes



Salmon Fillets, skin-on
500 g | 1000 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Salmon Fillets, skin-on
250 g | 500 g
- Basmati Rice
¾ cup | 1 ½ cup
- Yellow Onion
1 | 2
- Tomato
1 | 2
- Mini Cucumber
1 | 2
- Lime
1 | 2
- Cilantro
7 g | 14 g
- Feta Cheese, crumbled
¼ cup | ½ cup
- Sour Cream
1 | 2
- Mexican Seasoning
1 tbsp | 2 tbsp
- Garlic Salt
1 tsp | 2 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Unsalted butter, sugar, oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, 2 small bowls, whisk, zester

1



Cook onions

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Heat a medium pot over medium heat.
- Peel, then cut **onion** into ¼-inch pieces.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **onions**. Cook, stirring often, until tender, 3-4 min.
- Add **half the Mexican Seasoning** to the pot. Cook, stirring often, until fragrant, 30 sec.
- Remove from heat, then reserve **a quarter of the onions** in a small bowl, then set aside. (**NOTE:** They will be used in step 5.)

2



Cook rice

- Add **rice**, **1 ¼ cups** (2 ½ cups) **water** and **garlic salt** to the same pot with **remaining onions**, then stir to combine. Bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

3



Roast salmon

*2 Double | Salmon Fillets

- Pat **salmon** dry with paper towels, then season with **remaining Mexican Seasoning, salt** and **pepper**.
- Arrange **salmon** skin-side down on a parchment-lined baking sheet. Drizzle **½ tbsp** (1 tbsp) **oil** over top.
- Roast in the **middle** of the oven until cooked through, 7-10 min.**

4



Prep

- Meanwhile, zest, then juice **lime**.
- Cut **tomatoes** into ½-inch pieces.
- Halve **cucumber** lengthwise, then cut into ½-inch pieces.
- Roughly chop **cilantro**.

5



Make salsa and crema

- Add **½ tbsp** (1 tbsp) **lime juice**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes, cucumbers, reserved onions** (from step 1) and **half the cilantro** to the bowl with **dressing**, then toss to coat.
- Combine **sour cream**, **¼ tsp** (½ tsp) **lime zest** and **½ tbsp** (1 tbsp) **lime juice** in a small bowl. Season with **salt** and **pepper**.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **1 tbsp** (2 tbsp) **butter**, **¼ tsp** (½ tsp) **lime zest** and **remaining cilantro**.
- Divide **rice** between bowls. Top with **salmon** and **tomato-cucumber salsa**. Sprinkle **feta** over top.
- Dollop **lime crema** over **salmon**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Roast salmon

*2 Double | Salmon Fillets

If you've opted for **double salmon**, cook it in the same way the recipe instructs you to cook the **regular portion of salmon**.

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.