



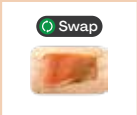
Sticky Bang Bang Salmon Bowls

with Bright Slaw and Gingery-Sesame Rice

Fast and Fresh

Spicy

20 Minutes



Jumbo Salmon Fillet
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



Jasmine Rice
3/4 cup | 1 1/2 cups



Red Cabbage, shredded
113 g | 226 g



Broccoli
227 g | 454 g



Avocado
1 | 2



Radish
3 | 6



Seasoned Rice Vinegar
2 tbsp | 4 tbsp



Sweet Chili Sauce
2 tbsp | 4 tbsp



Soy Sauce
1 tbsp | 2 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Black Sesame Seed
7 g | 14 g



Ginger-Garlic Puree
2 tbsp | 4 tbsp

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, oil, salt, pepper

Cooking utensils | Aluminum foil, 2 baking sheets, large bowl, measuring cups, measuring spoons, medium pot, paper towels, 2 small bowls, strainer

1



Cook rice and start prep

- Before starting preheat the oven to 475°F.
 - Add 1 cup (2 cups) water and ½ tsp (¼ tsp) salt to a medium pot.
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear. Add **rice**, **1 tbsp** (2 tbsp) **butter** and **half the ginger-garlic puree** to the boiling **water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.
 - While **rice** cooks, cut **broccoli** into bite-sized pieces.
 - Thinly slice **radishes**.

4



Finish prep and make bang bang sauce

- Halve, pit, then peel **avocado**. Cut into ¼-inch slices.
- Combine **mayo** and **remaining sweet chili sauce** in a small bowl.

2



Steam-roast broccoli and make slaw

- Add **broccoli**, ½ **tbsp** (1 **tbsp**) **oil** and **1 tbsp** (2 **tbsp**) **water** to an unlined baking sheet. Season with **salt** and **pepper**. Toss to coat.
- Wrap tightly with foil. Roast in the **middle** of the oven until tender-crisp and bright green, 6-9 min. Remove from oven.
- Turn broiler to high.
- Add **cabbage**, **radish**, **vinegar**, ½ **tsp** (1 **tsp**) **sugar** and ½ **tbsp** (1 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**. Toss to coat.

5



Finish and serve

- Fluff **rice** with fork. Stir in **half the sesame seeds** and **remaining soy sauce**.
- Divide **rice** between bowls.
- Top with **cabbage slaw**, **broccoli**, **avocado** and **salmon**.
- Drizzle **bang bang sauce** and sprinkle **remaining sesame seeds** over top.

3



Broil salmon

🔄 Swap | **Jumbo Salmon**

- Add **half the soy sauce**, **half the sweet chili sauce** and **remaining ginger-garlic puree** to a small bowl. Stir to combine.
- Pat **salmon** dry with paper towels, then arrange on another foil-lined baking sheet, skin-side down.
- Drizzle **1 tsp** (2 **tsp**) **oil** over **salmon**. Season with **salt** and **pepper**. Spread **sweet chili glaze** over top.
- Broil in the **middle** of the oven until lightly charred and cooked through, 7-9 min.**

Measurements within steps

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Broil salmon

🔄 Swap | **Jumbo Salmon**

If you've opted for **jumbo salmon**, season it in the same way the recipe instructs you to season the **regular portion of salmon**. To cook **jumbo salmon**, increase roast time to 16-20 min.