



Tropical Salmon and Shrimp

with Mango and Hot Pepper Salsa

Special

Spicy

35 Minutes

Swap



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



Shrimp
285 g | 570 g



Basmati Rice
¾ cup | 1 ½ cups



Mango
1 | 2



Hot Pepper
1 | 2



Red Onion
1 | 2



Corn Kernels
113 g | 227 g



Cilantro
7 g | 14 g



Lime
1 | 2



Mayonnaise
4 tbsp | 8 tbsp



Jerk Sauce
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, sugar, salt, pepper

Cooking utensils | Aluminum foil, baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, small bowl, strainer, zester

1



Cook rice

- Before starting, preheat broiler to high.
- Wash and dry all produce.
- 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.
- Meanwhile, using a strainer, rinse **rice** until **water** runs clear.
- Add **rice** to the **boiling water**, then 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.

4



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **corn** and **remaining onions**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until **onions** soften and are deep golden-brown, 5-6 min.
- Transfer to a plate.

2



Prep and make salsa

- Meanwhile, peel, then finely chop **onion**.
- Pit, peel, then cut **mango** into ½-inch pieces.
- Core, then cut **hot pepper** into ¼-inch pieces. (**TIP:** We suggest using gloves to prep hot peppers.)
- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Roughly chop **cilantro**.
- Add **mango**, **hot peppers**, **half the cilantro**, **1 tbsp** (2 tbsp) **onions**, **½ tbsp** (1 tbsp) **lime juice** and **½ tbsp** (1 tbsp) **oil** to a medium bowl. Season with **salt**, **pepper** and **sugar** to taste.

5



Cook shrimp

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.
- Reheat the same pan (from step 4). When hot, add **1 tbsp** (2 tbsp) **butter**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Remove from heat, then add **remaining lime juice**.

3



Broil salmon

Swap | **Jumbo Salmon Fillet**

- Line a baking sheet with foil. Lightly **oil** foil.
- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **salmon** on the prepared sheet, skin-side down. Spread **jerk sauce** over **salmon**.
- Broil in the **middle** of the oven until cooked through, 8-10 min.**

6



Finish and serve

- Combine **mayo** and **half the lime zest** in a small bowl. (**TIP:** If you prefer to drizzle the sauce, add water ½ tsp at a time.)
- Fluff **rice** with a fork, then stir in **corn**, **onions**, **remaining cilantro** and **remaining lime zest**.
- Divide **rice**, **salmon** and **shrimp** between plates.
- Top **salmon** and **shrimp** with **salsa** or serve alongside.
- Serve **lime mayo** alongside and squeeze a **lime wedge** over top.

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 Fillet**

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 broil time to 16-20 min.

** Cook salmon to a minimum internal temperature of 70°C/158°F and shrimp to a minimum internal temperature of 74°C/165°F, as size may vary.