



INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



2 | 4
Scallions



1 TBSP | 2 TBSP
Fajita Spice Blend



1 tsp | 1 tsp
Turmeric



½ Cup | 1 Cup
White Rice



10 oz | 20 oz
Salmon
Contains: Fish



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



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HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



8 oz | 16 oz
Broccoli

Calories: 710

SIZZLING SPICED SALMON WITH GOLDEN RICE

plus Roasted Carrots & Scallion Crema



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 720



HELLO

TURMERIC

This warming spice adds a subtle earthy flavor and a golden hue to rice.

FIL-LET IT BE

When you add the fillets, let them do their thing (no moving around!). The skin will naturally release when the fish is ready to flip.

BUST OUT

- Peeler
 - Paper towels
 - Baking sheet
 - Large pan
 - Small pot
 - Small bowl
 - Kosher salt
 - Black pepper
 - Cooking oil (1 TBSP | 1 TBSP)
 - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

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*Salmon is fully cooked when internal temperature reaches 145°.



1 PREP & ROAST CARROTS

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens.
- Toss carrots on a baking sheet with a **large drizzle of oil**, **half the Fajita Spice Blend**, **salt**, and **pepper**. Roast on top rack until browned and tender, 20-25 minutes.

➡ Cut **broccoli** into bite-size pieces if necessary. (**Reserve carrots for another use.**) Swap in broccoli for carrots; roast for 15-20 minutes.



3 COOK SALMON

- While rice cooks, pat **salmon*** dry with paper towels; season all over with **remaining Fajita Spice Blend**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add salmon to pan, skin sides down. Cook until skin is crisp and fish is almost cooked through, 5-7 minutes.
- Flip and cook until fish is opaque and cooked through, 1-2 minutes more. Turn off heat; transfer to a plate.



2 COOK RICE

- Meanwhile, in a small pot, melt **1 TBSP butter** (**2 TBSP for 4 servings**) over medium-high heat.
- Stir in **scallion whites** and **half the turmeric** (**all for 4**); cook, stirring constantly, until fragrant, 30-60 seconds. Add **rice**, **¾ cup water** (**1½ cups for 4**), and a **big pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



4 FINISH & SERVE

- While salmon cooks, in a small bowl, combine **sour cream** and **scallion greens**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.
- Fluff **rice** with a fork; taste and season with **salt** and **pepper**. Divide **rice**, **salmon**, and **carrots** between plates. Drizzle salmon with **scallion crema** and serve.