




WASABI ZINGER SALMON

over Jasmine Rice and Green Beans



HELLO



BLUE CIRCLE SALMON
Sustainable, traceable, and non-GMO:
healthy fish for happy, healthy people



Veggie Stock Concentrate



Jasmine Rice



Scallions



Salmon
(Contains: Fish)



Sesame Seeds



Lime



Sour Cream
(Contains: Milk)



Wasabi Paste



Green Beans

PREP: 10 MIN | TOTAL: 25 MIN | CALORIES: 700

START STRONG

No microwave? No problem! In step 5, you can boil the green beans in a medium pot of salted water until tender, 3-4 minutes. Drain, then toss with oil and sesame seeds as instructed.

BUST OUT

- Small pot
- Paper towel
- Zester
- Large bowl
- Small bowl
- Large pan
- Vegetable oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Veggie Stock Concentrate 1 | 2
- Jasmine Rice ½ Cup | 1 Cup
- Scallions 2 | 4
- Lime 1 | 2
- Sour Cream 4 TBSP | 8 TBSP
- Wasabi Paste 1 tsp | 2 tsp
- Salmon 10 oz | 20 oz
- Green Beans 6 oz | 12 oz
- Sesame Seeds 1 TBSP | 2 TBSP

HELLO WINE



PAIR WITH
Wandern Monterey County Grüner
Veltliner, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

HelloFRESH



1 COOK RICE

Bring **1 cup water** and **stock concentrate** to a boil in a small pot. Once boiling, add **rice**. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes. Keep covered off heat until meal is ready.



4 COOK SALMON

Heat a large drizzle of **oil** in a large pan over medium-high heat. Pat **salmon** dry with a paper towel and season all over with **salt** and **pepper**. Add to pan skin-side down. Cook until skin is crisp and flesh is almost cooked, 5-7 minutes. Flip and cook on other side to desired doneness, 1-2 minutes more. Remove from pan and set aside.



2 PREP

Wash and dry all produce except **green beans**. Trim, then thinly slice **scallions**, keeping greens and whites separate. Zest **lime**, then cut into wedges.



5 STEAM GREEN BEANS

Pierce **green bean bag** with a fork and place on a microwave-safe plate. Microwave on high for 3-4 minutes (or until beans are tender). Carefully remove beans from bag and transfer to a large bowl along with a drizzle of **oil**. Toss to coat beans, then add **sesame seeds** and toss again. Season with **salt** and **pepper**.



3 MAKE CREMA

In a small bowl, stir together **sour cream**, **½ tsp lime zest**, a squeeze of **lime juice**, and **wasabi paste** (to taste—start with a pinch and add more from there). Season with **salt** and **pepper**. **TIP:** Give the crema a taste and adjust with more lime zest, lime juice, or wasabi paste as needed.



6 FINISH AND SERVE

Fluff **rice** with a fork, then stir in **1 TBSP butter** and **scallion whites**. Season with **salt** and **pepper**. Divide rice and **green beans** between plates. Arrange **salmon** on top of rice, then dollop with **crema**. Sprinkle with **scallion greens**. Serve with any remaining **lime wedges** on the side.

BETTER SALMON

Find out more at
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