Jamaican Jerk Salmon & Zesty Rapid Rice

with Charred Corn Salsa & Coriander

Grab your meal kit with this number 6

- Basmati Rice
- Tomato
- Baby Spinach Leaves
- Lemon
- Sweetcorn
- Mild Caribbean Jerk Seasoning
- Salmon
- Onion Chutney
- Coriander

Prep in: 15-25 mins
Ready in: 25-35 mins

Eat Me Early

Spice things up by giving blushing pink salmon the Jamaican jerk treatment! Packed with bold, smokey heat and paired with zesty rice and a vibrant charred corn and tomato salsa, this dish brings serious island vibes - no passport required. Finish it all off with some coriander for a herby kick!

- Salmon
- Diced Chicken

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
butter* *(for the rice)*	20g	40g
tomato	1	2
baby spinach leaves	1 small packet	1 medium packet
lemon	½	1
sweetcorn	1 medium tin	1 large tin
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
salmon	280g	560g
onion chutney	1 medium packet	1 large packet
coriander	1 packet	1 packet

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2710kJ (647Cal)	575kJ (137Cal)
Protein (g)	20.1g	4.3g
Fat, total (g)	26.7g	5.7g
- saturated (g)	10.5g	2.2g
Carbohydrate (g)	78.3g	16.6g
- sugars (g)	18.1g	3.8g
Sodium (mg)	961mg	204mg
Dietary Fibre (g)	10.4g	2.2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.
Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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1

Cook the rapid rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain and return to saucepan.
- Add the **butter** and stir until melted.

2

Get prepped

- Meanwhile, roughly chop **tomato** and **baby spinach leaves**. Zest **lemon** to get a pinch, then slice into wedges. Drain and rinse **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn** until lightly browned, **4-5 minutes** (cover with a lid if the kernels are 'popping' out).
- Transfer **charred corn** to a large bowl. Add **tomato**, **baby spinach**, a drizzle of **olive oil** and a generous squeeze of **lemon juice**. Toss to combine and season with **salt** and **pepper**.

3

Cook the salmon

- In a medium bowl, combine **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Add **salmon** and turn to coat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **salmon**, skin-side down first, until cooked through, **2-4 minutes** on each side. Remove pan from heat and add **onion chutney** with a splash of **water**.
- Gently turn **salmon** to coat .

TIP: *The spice blend will char a little in the pan, don't worry, this adds to the flavour.*

4

Finish & serve

- Stir lemon zest through the rice.
- Divide zesty rapid rice between bowls and top with Jamaican jerk salmon.
- Top with charred corn salsa and tear over **coriander**.
- Serve with any remaining lemon wedges. Enjoy!

CUSTOM OPTIONS

SALMON:
Follow method above, cooking in batches if necessary.

DICED CHICKEN:
Cook, tossing ocassionally, until browned and cooked through, 5-6 minutes.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO