



Bang Bang Smoked Salmon Bowl

with veg and fragrant rice

30 – 35 mins

9



Smoked Salmon



Carrot



Scallion



Cucumber



Sweet Chilli Sauce



Soy Sauce



Red Wine Vinegar



Aioli



Jasmine Rice



Crispy Onions

Pantry Items: Oil, Salt, Pepper, Water, Sugar



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Pan with lid, pot with lid, sieve

Ingredients

	2P	4P	6P
Smoked Salmon	100 g	200 g	300 g
Carrot	2 units	4 units	6 units
Scallion	1 unit	2 units	3 units
Cucumber	2 units	4 units	6 units
Sweet Chilli Sauce	1 sachet	2 sachets	3 sachets
Soy Sauce	1 sachet	2 sachets	3 sachets
Red Wine Vinegar	1 sachet	2 sachets	3 sachets
Aioli	1 sachet	2 sachets	3 sachets
Jasmine Rice	150 g	300 g	450 g
Crispy Onions	1 sachet	2 sachets	3 sachets

Nutrition

for uncooked ingredient	Per 100 g
Energy (kJ/kcal)	572 kJ/ 137 kcal
Fat (g)	5.7 g
Sat. Fat (g)	0.9 g
Carbohydrate (g)	17.7 g
Sugars (g)	4.5 g
Protein (g)	4.5 g
Salt (g)	1.5 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

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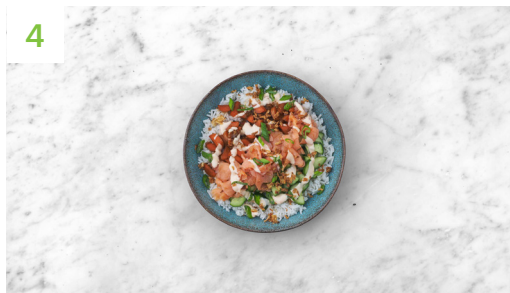


You can recycle me!



Boil the Rice

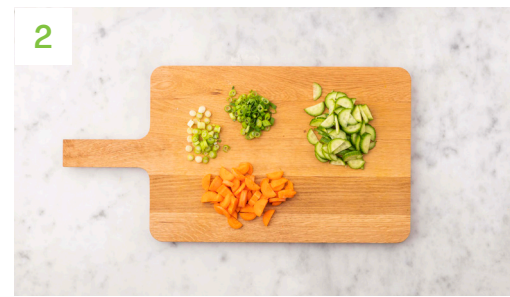
- Rinse the **rice** to remove excess starch. Add 300ml cold **salted water** (per 2P) to a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 12 mins, then remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Serve and Enjoy

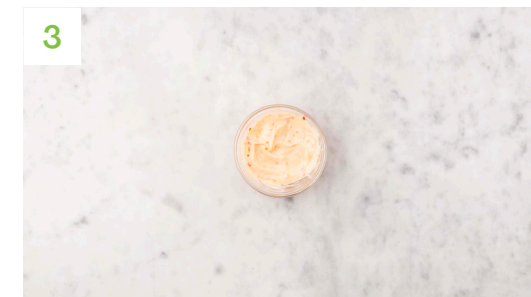
- Fluff up the **rice** with a fork and divide between bowls.
- Top with fried veg and pickled **cucumber**.
- Tear the **smoked salmon** into small pieces and scatter over the top.
- Finish with a drizzle of bang bang sauce, a sprinkling of green **scallion** and a scattering of **crispy onions**.

Enjoy!



Prep the Veg

- Meanwhile, trim the **carrot** then halve lengthways (no need to peel). Slice widthways into 1cm thick pieces.
- Trim the **cucumber** and halve lengthways. Thinly slice widthways.
- Toss the **cucumber** with **half the red wine vinegar**. Season to taste with **salt, pepper** and **sugar** and set aside.
- Trim and thinly slice the **scallion**. Separate the green portions from the white.



Make the Bang Bang Sauce

- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **carrot** until tender, 4-5 mins.
- Add **soy sauce** and the whites of the **scallion** and cook for 1-2 mins.
- Remove the pan from the heat and cover to keep warm. Season with **salt** and **pepper**.
- To make the bang bang sauce, combine remaining **red wine vinegar** with the **sweet chilli sauce** and **aioli** in a bowl.