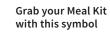


# Honey-Soy Glazed Salmon & Ginger Rice with Garlicky Pan-Fried Veggies

NEW

















Green Beans



Baby Spinach



Salmon

Leaves





Prep in: 25-35 mins Ready in: 35-45 mins Salmon is on the menu again, proving itself to be a true HelloFresh favourite. Laced in a gorgeous honey-soy glaze, the tender salmon

Eat Me First

Olive Oil, Butter, Honey, Soy Sauce

## Before you start

Wash your hands and any fresh food.

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 with a lid · Large frying pan

## Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
carrot	1	2
green beans	1 small bag	1 medium bag
honey*	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
sesame seeds	1 medium packet	2 medium packets
baby spinach leaves	1 small bag	1 medium bag
salmon	1 small packet	2 small packets OR 1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3326kJ (795Cal)	872kJ (208Cal)
Protein (g)	37.1g	9.7g
Fat, total (g)	38.9g	10.2g
- saturated (g)	10.4g	2.7g
Carbohydrate (g)	72.8g	19.1g
- sugars (g)	11.5g	3g
Sodium (mg)	761mg	200mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2745kJ (656Cal)	701kJ (168Cal)
Protein (g)	39.1g	10g
Fat, total (g)	22.8g	5.8g
- saturated (g)	8.3g	2.1g
Carbohydrate (g)	71.6g	18.3g
- sugars (g)	11.5g	2.9g
Sodium (mg)	780mg	199mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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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## Cook the ginger rice

- In a medium saucepan, heat the butter with a dash of olive oil over medium heat. Cook ginger paste until fragrant, 1-2 minutes.
- To the pan, add the **water** and a generous pinch **salt** and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and the water is absorbed, 12 minutes.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## Cook the salmon

- Return frying pan to medium-high heat with a drizzle of olive oil. Pat salmon dry with paper towel and season both sides.
- When oil is hot, add salmon, skin-side down.
  Cook until almost cooked through, 2-4 minutes on each side (depending on thickness).

**TIP:** Patting the skin dry helps it crisp up in the pan!

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking.



## Get prepped

- Meanwhile, finely chop garlic.
- Thinly slice carrot into half-moons.
- Trim green beans.
- In a small bowl combine the **honey**, the **soy sauce**, **sesame seeds** and half the **garlic**.

**Custom Recipe:** If you've swapped to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef with salt and pepper. If your beef rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time.



## Cook the garlic veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Add carrot, green beans and a dash of water and cook, tossing, until just tender, 5-6 minutes.
- Add remaining garlic and baby spinach leaves and cook until fragrant and wilted, 1 minute.
   Season with a pinch of salt and pepper.
- Transfer veggies to a bowl and cover to keep warm.



## Glaze the salmon

 In the last minute of cook time, add glaze mixture to the pan and cook until bubbling, gently turning salmon to coat.

Custom Recipe: In the last minute of cook time, add glaze mixture to the pan and cook until bubbling, gently turning beef to coat. Transfer to a plate to rest for 5 minutes.



## Serve up

- Divide the ginger rice and garlic greens between bowls.
- Top with the honey-soy glazed salmon and spoon over any excess glaze from the pan to serve. Enjoy!

Custom Recipe: Slice beef to serve.

