



# Honey-Soy Glazed Salmon & Ginger Rice

with Garlicky Pan-Fried Veggies

NEW

Grab your Meal Kit with this symbol



Ginger Paste



Jasmine Rice



Garlic



Carrot



Green Beans



Sesame Seeds



Baby Spinach Leaves



Salmon



Beef Rump

Prep in: 25-35 mins  
Ready in: 35-45 mins

Eat Me First

Salmon is on the menu again, proving itself to be a true HelloFresh favourite. Laced in a gorgeous honey-soy glaze, the tender salmon will simply fall off of your cutlery, making your average midweek dinner that much better.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	20g	40g
ginger paste	1 medium packet	1 large packet
<b>water*</b>	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
<b>honey*</b>	1 tbs	2 tbs
<b>soy sauce*</b>	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

\*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](https://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



1



## 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!

4



## 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.

2



## 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.

5



## 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.

3



## 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.

6



## 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.

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)