

Easy Baja Salmon & Spinach Garlic Rice

with Cherry Tomatoes & Lemon Yoghurt

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Snacking Tomatoes



Lemon



Greek-Style Yoghurt



Salmon



Tex-Mex Spice Blend



Baby Spinach Leaves



Salmon

Prep in: **15-25 mins**
Ready in: **20-30 mins**

Eat Me First

Baja-style food draws inspiration from both Mexico and California, taking advantage of fresh flavours and plenty of seafood! Give it a whirl tonight with tender, mildly spiced salmon, complete with a lovely char, plus sweet cherry tomatoes and citrus-spiked yoghurt to balance the richness.

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

Pantry items

Olive Oil, Butter

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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
snacking tomatoes	1 punnet	2 punnets
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
salmon	1 small packet	2 small packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
salmon**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3015kJ (721Cal)	703kJ (168Cal)
Protein (g)	37.2g	8.7g
Fat, total (g)	31.2g	7.3g
- saturated (g)	10.3g	2.4g
Carbohydrate (g)	69.3g	16.2g
- sugars (g)	5.3g	1.2g
Sodium (mg)	593mg	138mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4272kJ (1021Cal)	751kJ (179Cal)
Protein (g)	65.8g	11.6g
Fat, total (g)	51.5g	9.1g
- saturated (g)	13.9g	2.4g
Carbohydrate (g)	70.5g	12.4g
- sugars (g)	5.3g	0.9g
Sodium (mg)	650mg	114mg

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



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a drizzle of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, then bring to the boil. Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

3



Cook the salmon

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. When the rice has **10 minutes** remaining, pat **salmon** dry with paper towel and season both sides with **Tex-Mex spice blend**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side. Remove from heat, then season.

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

TIP: Don't worry if your salmon gets a little charred during cooking. This adds to the flavour!

Custom Recipe: If you've doubled your salmon, cook salmon in batches for the best results.

2



Get prepped

- Meanwhile, roughly chop **snacking tomatoes**.
- Zest **lemon** to get a good pinch, then slice into wedges.
- In a medium bowl, combine **snacking tomatoes**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- In a small bowl, combine **Greek-style yoghurt** and **lemon zest**. Season to taste.

4



Serve up

- Stir **baby spinach leaves** through garlic rice.
- Divide spinach garlic rice between bowls. Top with Baja salmon, cherry tomatoes and a dollop of lemon yoghurt.
- Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate