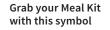


Easy Baja Salmon & Spinach Garlic Rice with Cherry Tomatoes & Lemon Yoghurt

CLIMATE SUPERSTAR











Snacking Tomatoes





Yoghurt

Salmon





Tex-Mex Spice Blend

Baby Spinach Leaves



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

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.

Eat Me First

Pantry items

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 \cdot Large frying pan

Ingredients

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	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	1/2	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)	5.4g	1.3g
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)	5.4g	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





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**.



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.



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.



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!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

