



Honey-Soy Glazed Salmon & Ginger Rice

with Garlicky Pan-Fried Veggies

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Ginger Paste



Basmati Rice



Garlic



Carrot



Green Beans



Sesame Seeds



Baby Spinach Leaves



Salmon



Salmon

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 will simply fall off of your cutlery, making your average midweek dinner that much better.

Eat Me First

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
olive oil*	refer to method	refer to method
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
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 sachet	2 sachets
baby spinach leaves	1 small bag	1 medium bag
salmon	1 small packet	2 small packets OR 1 large packet
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)	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)	762mg	200mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4583kJ (1095Cal)	879kJ (210Cal)
Protein (g)	65.6g	12.6g
Fat, total (g)	59.2g	11.4g
- saturated (g)	14g	2.7g
Carbohydrate (g)	73.9g	14.2g
- sugars (g)	11.5g	2.2g
Sodium (mg)	818mg	157mg

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 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**.
- Add **basmati rice**, the **water** and **salt**, stir and bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **10 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 first, to the pan. 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!

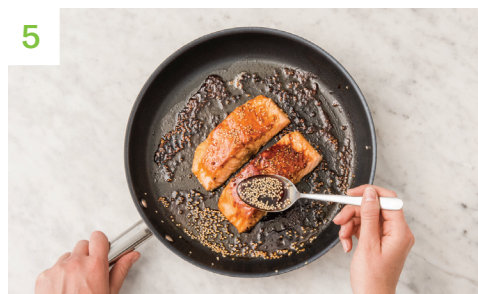
Custom Recipe: Cook salmon in batches for the best results.



Get prepped

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

Custom Recipe: If you've doubled your salmon, double the ingredients used in the honey-soy mixture. Set aside.



Glaze the salmon

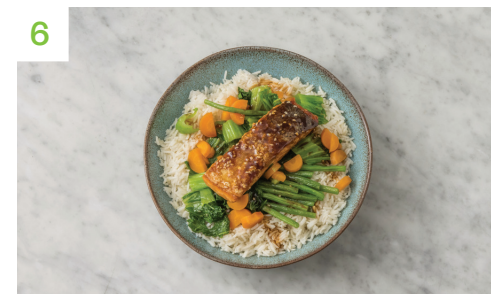
- In the **last minute** of cook time, add **glaze mixture** to the pan and cook until bubbling, gently turning **salmon** to coat.

Custom Recipe: Return all salmon to the pan and add glaze mixture, turning salmon to coat.



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.



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!

Rate your recipe

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