



# Baja Salmon & Spinach Garlic Rice

with Cherry Tomatoes & Lemon Yoghurt

CLIMATE SUPERSTAR

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 Early

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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
snacking tomatoes	1 medium packet	2 medium packets
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
salmon	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
baby spinach leaves	1 small packet	1 medium packet
salmon**	1 medium packet	2 medium 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)	594mg	138mg
Dietary Fibre (g)	11.1g	2.6g

### 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
Dietary Fibre	11.1g	2g

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



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## 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](https://hellofresh.com.au/rate)