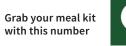


# Honey-Sesame Glazed Salmon with Ginger Rice & Garlicky Pan-Fried Veggies

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR









Ginger Paste





Carrot





Green Beans





**Baby Spinach** Leaves

Salmon





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



#### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Air fryer

# 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*	1/4 tsp	½ tsp
garlic	3 cloves	6 cloves
carrot	1	2
green beans	1 small packet	1 medium packet
honey*	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
sesame seeds	1 medium sachet	2 medium sachets
baby spinach leaves	1 small packet	1 medium packet
salmon	1 medium packet	2 medium packets OR 1 large packet
4-		

<sup>\*</sup>Pantry Items

#### **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
Dietary Fibre (g)	12.4g	3.3g

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.



# 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.



# 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**.



# 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.



#### Cook the salmon

Meanwhile, set air fryer to 200°C. Pat salmon dry
with paper towel and season both sides. Place
salmon skin-side up into the air fryer basket,
drizzle with olive oil and cook until just cooked
through, 10-12 minutes.

TIP: No air fryer? Return frying pan to medium-high heat with a drizzle of olive oil. Prepare salmon as above. 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).



### Glaze the salmon

 In the last 2 minutes of cook time, brush over honey-soy mixture and cook until browned and sticky.

**TIP:** No air fryer? In the last minute of cook time, add glaze mixture to the pan and cook until bubbling, gently turning salmon to coat.



### Serve up

- Divide the ginger rice and garlicky pan-fried greens between plates.
- Top with the honey-sesame glazed salmon and spoon over any excess glaze to serve. Enjoy!







