



Honey-Sesame Glazed Salmon

with Ginger Rice & Garlicky Pan-Fried Veggies

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Ginger Paste



Basmati Rice



Garlic



Carrot



Green Beans



Sesame Seeds



Baby Spinach Leaves



Salmon



Salmon



Beef Rump

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

Eat Me Early

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.

Pantry items

Olive Oil, Butter, Honey, Soy Sauce

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*	¼ 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

*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.



1 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**.



2 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**.



3 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.



4 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).



5 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.



6 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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



CUSTOM OPTIONS

+ DOUBLE SALMON

Follow method above, cooking in batches if necessary.

↻ SWAP TO BEEF RUMP

Thinly slice into strips. Cook as above, for 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

