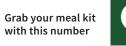


# Honey-Sesame Glazed Salmon with Ginger Rice & Garlicky Pan-Fried Veggies

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<br>leaves | 1 small packet  | 1 medium packet                       |
| salmon                 | 1 medium packet | 2 medium packets<br>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!







