

Baja Salmon & Spinach Garlic Rice

with Tomato & Lemon Yoghurt

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Garlic



Basmati Rice



Tomato



Lemon



Greek-Style Yoghurt



Salmon



Tex-Mex Spice Blend



Baby Spinach Leaves



Salmon



Chicken Breast

Recipe Update

We've replaced the snacking tomatoes in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 20-30 mins



Protein Rich



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 tomatoes and citrus-spiked yoghurt to balance the richness.

Pantry items

Olive Oil, Butter

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 · Air fryer or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
tomato	1	2
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3001kJ (717cal)	346kJ (83cal)
Protein (g)	37.3g	4.3g
Fat, total (g)	30.6g	3.5g
- saturated (g)	10.2g	1.2g
Carbohydrate (g)	69.6g	8g
- sugars (g)	5.4g	0.6g
Sodium (mg)	591mg	68.2mg
Dietary Fibre (g)	11.2g	1.3g

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



Make 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 a paper towel and season both sides with **Tex-Mex spice blend**.
- Set air fryer to **200°C**. Place **salmon** skin-side up into the air fryer basket and cook until just cooked through, **10-12 minutes**.

TIP: No air fryer? 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.

2



Get prepped

- Meanwhile, roughly chop **tomato**.
- Zest **lemon** to get a good pinch, then slice into wedges.
- In a medium bowl, combine **tomato**, 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, tomato and a dollop of lemon yoghurt.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



CUSTOM OPTIONS



DOUBLE SALMON

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

