

# Easy Baja Salmon & Spinach Garlic Rice

with Zesty Salsa & Yoghurt

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY

Grab your meal kit with this number

6



Garlic



Basmati Rice



Tomato



Cucumber



Lemon



Greek-Style Yoghurt



Salmon



Tex-Mex Spice Blend



Baby Spinach Leaves



Salmon




Chicken Breast

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
<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
tomato	1	2
cucumber	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)	3020kJ (722cal)	322kJ (77cal)
Protein (g)	37.6g	4g
Fat, total (g)	30.6g	3.3g
- saturated (g)	10.2g	1.1g
Carbohydrate (g)	70.7g	7.5g
- sugars (g)	8.1g	0.9g
Sodium (mg)	593mg	63.3mg
Dietary Fibre (g)	10.9g	1.2g

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.



## 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**.



## 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.



## Get prepped

- Meanwhile, roughly chop **tomato** and **cucumber**.
- Zest **lemon** to get a good pinch, then slice into wedges.
- In a medium bowl, combine **tomato**, **cucumber**, 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.



## Serve up

- To garlic rice pan, stir through **baby spinach leaves**.
- Divide spinach garlic rice between bowls.
- Top with Baja salmon, zesty salsa 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 | CW41



### 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.

