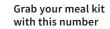


# Easy Baja Salmon & Spinach Garlic Rice with Zesty Salsa & Yoghurt

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY

























Salmon

Spice Blend



**Baby Spinach** Leaves







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

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.



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

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	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
cucumber	1	2
lemon	1/2	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

<sup>\*</sup>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 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!







Follow method above, cooking in batches if necessary.



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.

