



Quick Baja Salmon & Garlic Rice

with Cherry Tomatoes & Lime Yoghurt

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cherry Tomatoes



Baby Spinach Leaves



Lime



Greek-Style Yoghurt



Tex-Mex Spice Blend



Salmon



Hands-on: **15-25 mins**
Ready in: **20-30 mins**



Naturally gluten-free
Not suitable for Coeliacs



Eat me first

Baja-style food draws inspiration from both Mexico and California, and features fresh flavours, vibrant spices and lots of seafood! Tonight, give this super speedy dish a whirl by smothering juicy salmon in a mildly spicy seasoning and pairing it with garlicky rice and cooling lime yoghurt for a mouth-watering meal.

Pantry items

Olive Oil, Butter, Flour (or Gluten-Free Plain Flour)

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · 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 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
cherry tomatoes	1 punnet	2 punnets
baby spinach leaves	1 bag (30g)	1 bag (60g)
lime	½	1
Greek-style yoghurt	1 medium packet	1 large packet
Tex-Mex spice blend	1 sachet	2 sachets
flour* (or gluten-free plain flour)	1 tsp	2 tsp
salmon	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3370kJ (805Cal)	806kJ (192Cal)
Protein (g)	38g	9.1g
Fat, total (g)	40g	9.6g
- saturated (g)	13.1g	3.1g
Carbohydrate (g)	69.7g	16.7g
- sugars (g)	8.2g	2g
Sodium (mg)	723mg	173mg

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 the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Get prepped

While the rice is cooking, chop the **cherry tomatoes**. Roughly chop the **baby spinach leaves**. Zest the **lime** to get a good pinch, then slice into wedges. In a medium bowl, combine the **cherry tomatoes**, **lime zest** and a small drizzle of **olive oil**. Season with **salt** and **pepper**.



Make the lime yoghurt

In a small bowl, combine the **Greek-style yoghurt** and a squeeze of **lime juice**. Season to taste and set aside.



Flavour the salmon

SPICY! This is a mild spice blend, but if you're sensitive to heat, feel free to add less. On a plate, combine the **Tex-Mex spice blend** and **flour**. Press the **salmon** into the **flour spice blend** so it's fully coated.



Cook the salmon

In a large frying pan, heat a drizzle of **olive oil** to a medium heat. When the oil is hot, cook the **salmon** skin-side down first, until just cooked through, **2-4 minutes** each side. Remove from the heat and season.

TIP: Don't worry if your salmon gets a little charred during cooking. It adds to the flavour!



Serve up

Stir the baby spinach through the rice and divide between bowls. Top with the **baja salmon**, **cherry tomatoes** and **lime yoghurt**. Serve with any remaining **lime wedges** on the side.

Enjoy!