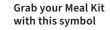
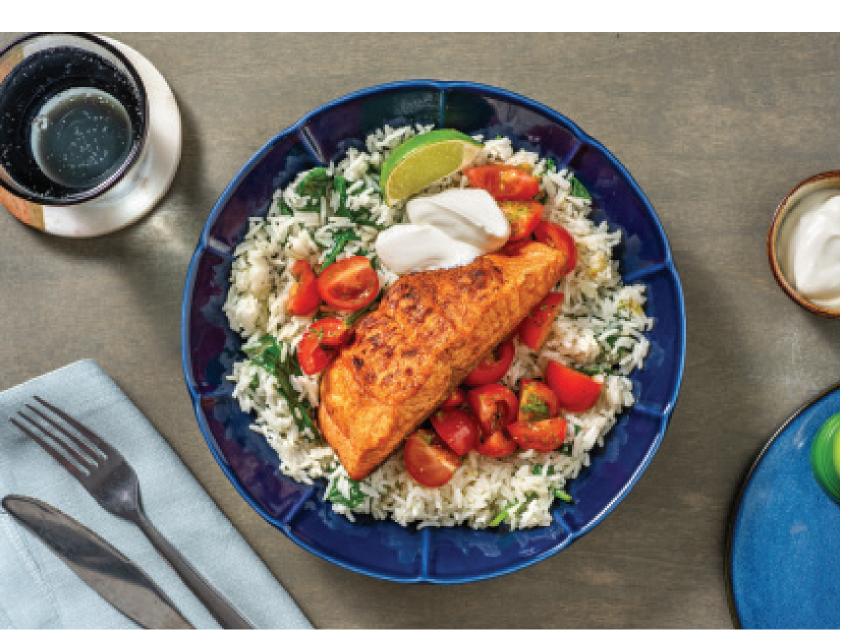


Quick Baja Salmon & Garlic Rice with Cherry Tomatoes & Lime Yoghurt



















Cherry Tomatoes

Baby Spinach Leaves





Greek-Style Yoghurt





Spice Blend

Salmon

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



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.



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

9		
	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*	1/4 tsp	½ tsp
cherry tomatoes	1 punnet	2 punnets
baby spinach leaves	1 bag (30g)	1 bag (60g)
lime	1/2	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		

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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!