



# Sweet Chilli Salmon

with Soy Veggies & Garlic-Ginger Rice

Grab your Meal Kit with this symbol



Garlic



Ginger Paste



Basmati Rice



Broccoli



Carrot



Red Onion



Thai Seven Spice Blend



Salmon



Sweet Chilli Sauce

Hands-on: **30-40 mins**  
 Ready in: **35-45 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

Eat Me First

Zingy and peppery, our Thai seven spice blend complements the subtle sweetness of the glaze and richness of the salmon perfectly.

### Pantry items

Olive Oil, Butter, Soy Sauce (or Gluten Free Tamari Soy Sauce)

## 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
water*	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
broccoli	1 head	2 heads
carrot	1	2
red onion	1	2
Thai seven spice blend	1 sachet	2 sachets
salmon	1 small packet	1 large packet
soy sauce* (or gluten free tamari soy sauce)	1 tbs	2 tbs
sweet chilli sauce	1 packet (25g)	1 packet (50g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3683kJ (880Cal)	596kJ (142Cal)
Protein (g)	44.4g	7.2g
Fat, total (g)	39.4g	6.4g
- saturated (g)	11g	1.8g
Carbohydrate (g)	79.4g	12.9g
- sugars (g)	18.7g	12.9g
Sodium (mg)	469mg	76mg

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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## 1 Make the ginger-garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **ginger paste** and 1/2 the **garlic**, stirring, until fragrant, **1 minute**. Add the **water**, **basmati rice**, and a pinch of **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat. Keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



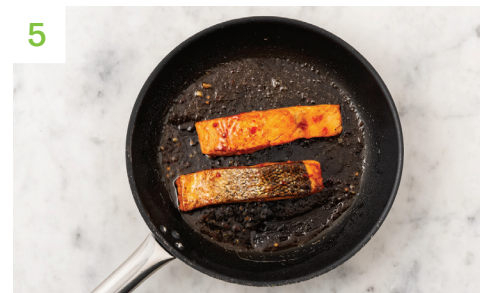
## 4 Cook the veggies

In a large frying pan, heat a generous drizzle of **olive oil** over a medium-high heat. Cook the **onion**, **carrot** and **broccoli**, tossing, until softened, **6-8 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Stir in the **soy sauce**. Transfer to a bowl. Cover to keep warm.



## 2 Get prepped

While the rice is cooking, cut the **broccoli** into small florets, then roughly chop the stalks. Thinly slice the **carrot** into half-moons. Thinly slice the **red onion**.



## 5 Cook the salmon

Return the pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness). Remove the pan from the heat. Add the **sweet chilli sauce**, gently turning the **salmon** to coat.

**TIP:** The salmon may char in the pan, this adds to the flavour!



## 3 Flavour the salmon

In a medium bowl, combine the **Thai seven spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add the **salmon**, turning to coat.



## 6 Serve up

Divide the sweet chilli salmon, soy veggies and garlic-ginger rice between plates. Spoon any extra glaze from the pan over the salmon to serve.

Enjoy!

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