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hello@hellofresh.com.au | (02) 8188 8722

WK41
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Teriyaki Salmon with Asian Greens and Fresh Chilli

The marinade we've got for you tonight is absolute lip-smacking deliciousness, and basting the salmon with it as you go guarantees the flavour of this dish won't disappoint. The rice and greens are ready in a matter of moments, so you'll have this fresh and easy supper on the table in no time!



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1



omega 3
rich



high
protein

Pantry Items



Salt-Reduced
Soy Sauce



Rice Wine
Vinegar



Warm Water



Brown Sugar



Vegetable Oil



Water



Garlic



Salmon



Jasmine Rice



Asian Greens



Hoisin Sauce





Long Red Chilli

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2P	4P	Ingredients
1 clove	2 cloves	garlic, peeled & crushed 
2 tbs	4 tbs	salt-reduced soy sauce *
1 tbs	2 tbs	rice wine vinegar *
1 tbs	2 tbs	warm water *
2 tsp	1 tbs	brown sugar *
2 tsp	1 tbs	vegetable oil *
2 fillets	4 fillets	salmon
1 packet	2 packets	Jasmine rice, rinsed well
3 cups	6 cups	water *
1 bunch	2 bunches	Asian greens, washed & trimmed
1 tub	2 tubs	hoisin sauce
1	2	long red chilli, finely sliced

-  Ingredient features in another recipe
- * Pantry Items
-  Pre-preparation

Nutrition per serve

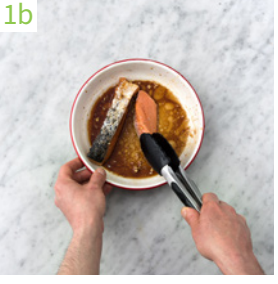
Energy	2590	Kj
Protein	38.9	g
Fat, total	16.3	g
-saturated	3.2	g
Carbohydrate	77.1	g
-sugars	17.3	g
Sodium	1230	mg

1a



You will need: chef's knife, chopping board, garlic crusher, sieve, medium bowl, spoon, plastic wrap, medium saucepan, medium frying pan, tongs and aluminum foil.

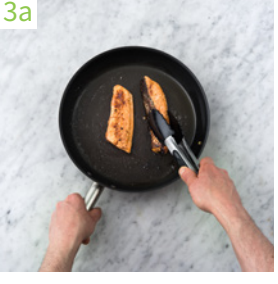
1b



1 In a medium bowl combine the **garlic, salt-reduced soy sauce, rice wine vinegar, warm water, brown sugar** and **vegetable oil** and stir until the sugar dissolves. Add the **salmon** and toss to coat well. Cover with cling wrap and set aside while you prepare the rice.

2 Place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain.

3a



3 Meanwhile, heat a medium frying pan over a medium heat. Add the salmon and cook for **3 minutes** on each side, basting with the excess marinade as you go. Remove the salmon and cover with aluminium foil to keep warm. Add a splash of vegetable oil and the **Asian greens** and cook, stir frying for **1-2 minutes**, or until bright green and wilted. Add the **hoisin sauce**, toss to coat well and cook for a further **30 seconds**, or until heated through.

4 To serve, divide the rice and Asian greens between plates. Top with the teriyaki salmon and garnish with fresh **long red chilli**.

3b



Did you know? The first chili cook-off took place in 1967 in Terlinga, Texas.