



Sesame-Crusted Salmon & Ginger Veggies

with Garlic Rice & Japanese Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Green Beans



Japanese Style Dressing



Mayonnaise



Mixed Sesame Seeds



Salmon



Ginger Paste



Salmon

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me First

The key to a perfectly cooked salmon fillet is crispy skin and melt-in-your-mouth flesh, and you'll get all that and more with this recipe. The veggies are brought to life with a classic soy and ginger combo too. Delish!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Soy Sauce

Before you start

Wash your hands and any fresh food.

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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	10g	20g
water*	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
carrot	2	4
green beans	1 small packet	1 medium packet
Japanese style dressing	1 medium packet	2 medium packets
mayonnaise	1 medium packet	1 large packet
mixed sesame seeds	1 medium sachet	2 medium sachets
salmon	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
salmon**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3979kJ (951Cal)	882kJ (211Cal)
Protein (g)	38.1g	8.4g
Fat, total (g)	55.1g	12.2g
- saturated (g)	12.3g	2.7g
Carbohydrate (g)	75.3g	16.7g
- sugars (g)	11.4g	2.5g
Sodium (mg)	2821mg	625mg
Dietary Fibre (g)	25.1g	5.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5235kJ (1251Cal)	886kJ (212Cal)
Protein (g)	66.7g	11.3g
Fat, total (g)	75.4g	12.8g
- saturated (g)	15.9g	2.7g
Carbohydrate (g)	76.4g	12.9g
- sugars (g)	11.4g	1.9g
Sodium (mg)	2878mg	487mg
Dietary Fibre	25.1g	4.2g

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.

We're here to help!

Scan here if you have any questions or concerns



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** and a dash of **olive oil** over medium heat. Cook **garlic**, stirring, until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then 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!



Cook the veggies

- Heat a medium frying pan over medium-high heat. Add **carrot**, **green beans**, **ginger paste** and a dash of **water** and cook, stirring, until starting to soften, **3-4 minutes**. Add the **soy sauce** and cook until slightly reduced, **1-2 minutes**. Transfer to a plate.

TIP: Add another dash of water if the pan gets dry!



Get prepped

- While the rice is cooking, thinly slice **carrot** into half-moons.
- Trim **green beans**.
- In a small bowl, combine **Japanese style dressing** and **mayonnaise**. Set aside.



Cook the salmon

- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness). Transfer to a plate to rest.

Custom Recipe: Cook salmon in batches for best results.



Prep the salmon

- Spread **mixed sesame seeds** over a plate. Pat **salmon** dry with paper towel, then drizzle with a little **olive oil** and season with **salt** and **pepper**.
- Press **salmon**, skin-side down, into the **sesame seeds** to coat.

TIP: Patting the skin dry helps it crisp up in the pan!

Custom Recipe: If you've doubled your salmon, prepare salmon as above.



Serve up

- Divide the garlic rice between plates.
- Top rice with ginger veggies and sesame-crusted salmon.
- Serve with a dollop of Japanese mayo. Enjoy!

Rate your recipe

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