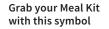


Sesame-Crusted Salmon & Ginger Veggies

with Garlic Rice & Japanese Mayo

CLIMATE SUPERSTAR













Carrot



Green Beans



Japanese Style Dressing





Mixed Sesame Seeds

Salmon



Ginger Paste



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

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



Eat Me First

this recipe. The veggies are brought to life with a classic soy and ginger combo too. Delish!

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

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	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*	1/4 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!



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.



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.



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!



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.



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!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate