



# Blackened Salmon Tikka & Garlic Rice

with Tomato Salad & Mint Yoghurt

Grab your Meal Kit  
with this symbol



Garlic



Basmati Rice



Mint



Greek Yoghurt



Tomato



Tandoori Paste



Salmon



Flaked Almonds



Baby Spinach  
Leaves



Hands-on: **25-35 mins**  
Ready in: **30-40 mins**



Naturally gluten-free  
*Not suitable for Coeliacs*



Eat me first

It's time to taste a classic Indian-style dish tonight. With tangy, smokey salmon and garlic-infused rice in this flavoursome meal, we know you're going to love every bite!

## Pantry items

Olive Oil, Butter, White Wine Vinegar



## 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 lid · Large frying pan

## Ingredients

	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*	¼ tsp	½ tsp
mint	1 bunch	1 bunch
Greek yoghurt	1 packet (100g)	1 packet (200g)
tomato	2	4
white wine vinegar*	1 tsp	2 tsp
tandoori paste	1 tub (50g)	2 tubs (100g)
salmon	1 packet	1 packet
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3584kJ (856Cal)	810kJ (193Cal)
Protein (g)	39.4g	8.9g
Fat, total (g)	45.4g	10.3g
- saturated (g)	13.5g	3.1g
Carbohydrate (g)	70g	15.8g
- sugars (g)	8.3g	1.9g
Sodium (mg)	1001mg	226mg

## 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.

1



### 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 golden and 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 is absorbed, **10 minutes**.

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

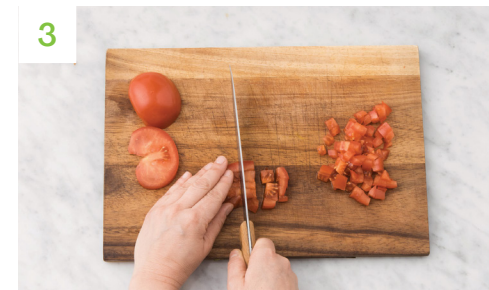
2



### Make the mint yoghurt

While the rice is cooking, pick and roughly chop the **mint** leaves. In a medium bowl, combine the **Greek yoghurt** and 1/2 the **mint**. Season to taste and mix well. Set aside.

3



### Make the tomato salad

Roughly chop the **tomato**. In a second medium bowl, combine the **tomato**, **white wine vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper** and stir to combine.

4



### Coat the fish

In a third medium bowl, place the **tandoori paste** and **salmon** and gently turn to coat.

5



### Cook the salmon

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Set aside. Return the frying pan to a medium heat with a drizzle of **olive oil**. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **3-4 minutes** each side (depending on thickness).

**TIP:** The tandoori paste will char slightly in the pan, this adds to the flavour!

6



### Serve up

Stir the **baby spinach leaves** through the rice. Divide the garlic rice and blackened salmon tikka between plates. Top with the mint yoghurt and tomato salad. Garnish with the toasted almonds and remaining mint to serve.

## Enjoy!