



Blackened Salmon Tikka & Brown Rice

with Tomato Salad & Cucumber Raita

Grab your Meal Kit
with this symbol



Garlic



Brown Rice



Cucumber



Greek Yoghurt



Tomato



Baby Spinach
Leaves



Coriander



Tandoori Paste



Salmon



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



Naturally gluten-free
Not suitable for Coeliacs



Eat me first

It's time to meet some classic side dishes from India. First up is a refreshing chopped salad of cucumber and tomato to add a touch of zing, then there's a creamy cucumber raita to mellow everything out. With smokey salmon and garlic-infused rice, this is one deliciously healthy and nutritionally balanced meal.

Pantry items

Olive Oil, 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 · Medium frying pan

Ingredients

| | 2 People | 4 People |
|---------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| garlic | 2 cloves | 4 cloves |
| brown rice | 1 packet | 2 packets |
| water* | 3 cups | 6 cups |
| salt* | ¼ tsp | ½ tsp |
| cucumber | 1 | 2 |
| Greek yoghurt | 1 packet (100g) | 1 packet (200g) |
| tomato | 2 | 4 |
| baby spinach leaves | 1 bag (60g) | 1 bag (120g) |
| coriander | 1 bag | 1 bag |
| white wine vinegar* | 1 tsp | 2 tsp |
| tandoori paste | 1 tub (50g) | 2 tubs (100g) |
| salmon | 1 packet | 1 packet |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2700kJ (644Cal) | 510kJ (122Cal) |
| Protein (g) | 38.7g | 7.3g |
| Fat, total (g) | 29.3g | 5.5g |
| - saturated (g) | 5.6g | 1.1g |
| Carbohydrate (g) | 53.6g | 10.1g |
| - sugars (g) | 9.9g | 1.9g |
| Sodium (g) | 1020mg | 194mg |

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.com.au/foodinfo](https://www.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 brown rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, heat a **drizzle** of **olive oil** over a medium heat. Add the **garlic** and cook until golden and fragrant, **1-2 minutes**. Add the **brown rice** and the **water**, stir, and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain and return to the saucepan.



2. Make the cucumber raita

While the rice is cooking, finely chop the **cucumber**. In a medium bowl, combine the **Greek yoghurt** and **1/2 the chopped cucumber**. Season to taste with **salt** and **pepper** and mix well. Set aside.



3. Make the tomato salad

Finely chop the **tomato**. Roughly chop the **baby spinach leaves**. Finely chop the **coriander** (reserve a few leaves for garnish). In a second medium bowl, combine the **tomato**, **baby spinach**, **coriander** and **remaining cucumber**. Add the **white wine vinegar** and **drizzle** with **olive oil**. Season with **salt** and **pepper** and stir to combine.



4. Coat the fish

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



5. Cook the salmon

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium heat. When the oil is hot, add the **salmon**, skin-side down, and cook until just cooked through, **3-4 minutes** each side (depending on thickness).



6. Serve up

Divide the brown rice and salmon tikka between plates. Serve with the cucumber raita and tomato salad. Garnish with the reserved coriander leaves.

Enjoy!

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