



# Honey-Soy Glazed Salmon & Garlic Rice

with Ginger Veggies

Grab your Meal Kit  
with this symbol



Garlic



Basmati Rice



Ginger



Carrot



Asian Greens



Green Beans



Sesame Seeds



Salmon

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

Around 30 minutes is all that's standing between you and this delectable dish. There are three simple components: garlic rice, ginger veggies and salmon with an irresistible glaze, and they come together in perfection. You've got this!

## Pantry items

Olive Oil, Butter, Honey, Soy Sauce



## 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 a lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic	3 cloves	6 cloves
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
carrot	1	2
Asian greens	1 bunch	2 bunches
green beans	1 bag (100g)	1 bag (200g)
honey*	3 tsp	1½ tbs
soy sauce*	2 tbs	½ cup
sesame seeds	1 sachet	2 sachets
salmon	1 packet	1 packet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3550kJ (848Cal)	685kJ (163Cal)
Protein (g)	39g	7.5g
Fat, total (g)	41g	7.9g
- saturated (g)	12g	2.3g
Carbohydrate (g)	75.6g	14.6g
- sugars (g)	14.6g	2.8g
Sodium (mg)	1270mg	245mg

### 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** (or use a garlic press). In a medium saucepan, melt the **butter** over a medium-high heat. Add **2/3** of the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt** 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 rice is tender and water is absorbed, **10 minutes**.

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



### 2. Prep the veggies

While the rice is cooking, finely grate the **ginger**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Trim the **green beans**. In a small bowl, combine the **honey**, **soy sauce**, **sesame seeds** and **remaining garlic**.



### 3. Cook the ginger veggies

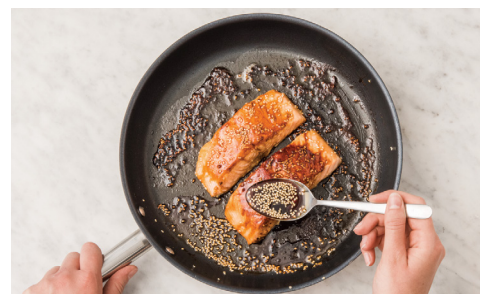
In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot**, **green beans** and a **dash** of **water** and cook until just tender, **5-6 minutes**. Add the **Asian greens** and stir through until wilted, **1 minute**. Add the **ginger** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer the **ginger veggies** to a medium bowl and cover to keep warm.



### 4. Cook the salmon

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **salmon**, skin-side down first, and cook until almost cooked through, **2-4 minutes** on each side (depending on thickness).

**TIP:** Salmon can be served slightly blushing pink in the centre.



### 5. Glaze the salmon

When the **salmon** is almost cooked through, reduce the heat to medium. Add a **drizzle** more **olive oil** to the pan, then add the **honey-soy glaze**. Simmer, stirring, until the **garlic** is golden, **1 minute**. Spoon the **glaze** over the **salmon**, then remove from the heat.



### 6. Serve up

Divide the garlic rice and ginger greens between bowls. Top with the honey-soy glazed salmon and spoon over any excess glaze from the pan.

**Enjoy!**