



MISO-GLAZED SALMON

with Garlic Rice & Pickled Onion



Make a miso glaze for salmon



Garlic



Jasmine Rice



Ginger



Carrot



Asian Greens



Long Red Chilli (Optional)



Red Onion



Miso Paste



Salmon

Pantry Staples: Olive Oil, Butter, Rice Wine Vinegar, Brown Sugar

Hands-on: **20 mins**
Ready in: **25 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me first

Spicy (optional long red chilli)

Miso lends its unmistakable flavour to salmon, creating a glaze that'll have you longing to lick the plate clean! Accompanied by an easy onion pickle and moreish garlic rice, you won't believe you made this at home.

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** and a **dash** of **olive oil** over a medium heat. Add the garlic and cook until fragrant, **1-2 minutes**. Add the **water (for the rice)** and the **salt** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



4 COOK THE VEGGIES

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and cook until just softened, **3-4 minutes**. Add the **ginger** and **Asian greens** and cook until just wilted, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



2 GET PREPPED

While the rice is cooking, finely grate the **ginger**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Thinly slice the **long red chilli** (if using). Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar (for the pickle)**, **water (for the pickle)** and a **good pinch** of **salt** and **sugar**. Stir to dissolve and add the onion. Toss to coat, then set aside, tossing every few minutes to coat in the dressing.



5 COOK THE SALMON

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, use tongs to add the **salmon** to the pan, skin-side down, and cook until just cooked through, **2-4 minutes** each side (depending on thickness). **TIP:** *The marinade will char a bit in the pan, this adds to the flavour.* Add a **dash** of **water** if the **salmon** is sticking to the pan. Pour the **remaining marinade** into the pan and cook until thickened, **30 seconds**.



3 FLAVOUR THE SALMON

In a medium bowl, combine the **miso paste** (see ingredients list), **brown sugar**, **rice wine vinegar (for the salmon)** and **warm water**. Add the **salmon** and toss to coat, then set aside.



6 SERVE UP

Drain the pickled onion. Divide the garlic rice between plates and top with the miso-glazed salmon and ginger veggies. Spoon over any sauce remaining in the pan. Sprinkle with the pickled onion and chilli (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20 g	40 g
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
ginger	1 knob	2 knobs
carrot	1	2
Asian greens	1 bunch	2 bunches
long red chilli (optional)	1	2
red onion	½	1
rice wine vinegar* (for the pickle)	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
miso paste	½ tub (20 g)	1 tub (40 g)
brown sugar*	2 tsp	1 tbs
rice wine vinegar* (for the salmon)	2 tsp	1 tbs
warm water*	1 tsp	2 tsp
salmon	1 packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2660kJ (635Cal)	623kJ (149Cal)
Protein (g)	35.9g	8.4g
Fat, total (g)	19.8g	4.7g
- saturated (g)	8.0g	1.9g
Carbohydrate (g)	75.3g	17.6g
- sugars (g)	11.3g	2.6g
Sodium (g)	790mg	185mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2019 | WK34

