



Quick Baja Salmon & Garlic Rice

with Cherry Tomatoes & Lemon Yoghurt

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cherry/ Snacking Tomatoes



Baby Spinach Leaves



Lemon



Tex-Mex Spice Blend



Greek-Style Yoghurt



Salmon

Prep in: **15-25 mins**
Ready in: **20-30 mins**



Eat Me First

Naturally Gluten-Free
Not suitable for coeliacs

Baja-style food draws inspiration from both Mexico and California, and features fresh flavours, vibrant spices and lots of seafood! Tonight, give this super speedy dish a whirl by smothering juicy salmon in a mildly spicy seasoning and pairing it with garlicky rice and cooling lemon yoghurt for a mouth-watering meal.

Pantry items

Olive Oil, Butter, Plain Flour (or Gluten-Free Plain Flour)

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
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1 ½ cups	3 cups
cherry/snacking tomatoes	1 punnet	2 punnets
baby spinach leaves	1 small bag	1 medium bag
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
plain flour* (or gluten-free plain flour)	1 tsp	2 tsp
salmon	1 small packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3321kJ (794Cal)	763kJ (182Cal)
Protein (g)	37.6g	8.6g
Fat, total (g)	39.2g	9g
- saturated (g)	12g	2.8g
Carbohydrate (g)	69.4g	15.9g
- sugars (g)	5.7g	1.3g
Sodium (mg)	578mg	133mg

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.

1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a drizzle of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, then bring to the boil. Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat.
- 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!

3



Cook the salmon

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. On a plate, combine **Tex-Mex spice blend** and the **plain flour**. Press **salmon** into **spice mixture** until fully coated.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side. Remove from heat, then season.

TIP: Don't worry if your salmon gets a little charred during cooking. This adds to the flavour!

2



Get prepped

- Meanwhile, quarter **cherry tomatoes**. Roughly chop **baby spinach leaves**. Zest **lemon** to get a good pinch, then slice into wedges.
- In a medium bowl, combine **cherry tomatoes**, **lemon zest** and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- In a small bowl, combine **Greek-style yoghurt** and a squeeze of **lemon juice**. Season to taste.

4



Serve up

- Stir baby spinach through garlic rice.
- Divide rice between plates. Top with Baja salmon, cherry tomatoes and lemon yoghurt.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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