



# Salmon & Ginger Oyster Sauce

with Veggie Stir-Fry & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Broccoli



Southeast Asian Spice Blend



Lemon



Oyster Sauce



Ginger Lemongrass Paste



Salmon

Hands-on: 25-35 mins  
 Ready in: 35-45 mins

Eat Me First

Take crispy-skinned salmon to the next level with our irresistible mix of ginger and oyster sauce. Teamed with colourful veggies and fluffy basmati rice, this is a delectable meal everyone will love!

### Pantry items

Olive Oil, Butter, Honey

## 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	4 cloves	8 cloves
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
carrot	1	2
broccoli	1 head	2 heads
Southeast Asian spice blend	½ sachet	1 sachet
lemon	½	1
oyster sauce	1 packet (50g)	1 packet (100g)
ginger lemongrass paste	1 packet	2 packets
water* (for the sauce)	2 tbs	¼ cup
honey*	1 tsp	2 tsp
salmon	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3749kJ (896Cal)	644kJ (154Cal)
Protein (g)	44.3g	7.6g
Fat, total (g)	41.1g	7.1g
- saturated (g)	11.8g	2g
Carbohydrate (g)	80.9g	13.9g
- sugars (g)	15.4g	13.9g
Sodium (mg)	1601mg	275mg

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](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 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and a generous pinch of **salt**, stir, then 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



## Prep the veggies

While the rice is cooking, thinly slice the **carrot** into half-moons. Chop the **broccoli** into small florets and roughly chop the stalk.

3



## Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over high heat. Stir-fry the **carrot**, **broccoli** and a good splash of **water** until tender, **5-7 minutes**. Add a drizzle of **olive oil**, a splash of **water** and sprinkle over the **Southeast Asian Spice Blend** (see ingredients). Cook, tossing, until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.

4



## Make the sauce

While the veggies are cooking, zest the **lemon** to get a pinch and cut into wedges. In a small bowl, combine the **oyster sauce**, **ginger lemongrass paste**, the remaining **garlic**, **water (for the sauce)**, **honey**, **lemon zest** and a generous squeeze of **lemon juice**.

5



## Cook the salmon

Pat the **salmon** dry with paper towel. 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). Pour the **oyster sauce mixture** over the salmon, gently turn the fish to coat, and simmer until slightly thickened, **1-2 minutes**.

6



## Serve up

Divide the garlic rice between bowls. Top with the veggie stir-fry and salmon. Pour over any remaining ginger oyster sauce. Serve with any remaining lemon wedges.

## Enjoy!