



# Seared Salmon & Ginger-Coconut Sauce

with Garlic Rice & Veggies

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Capsicum



Lime



Coconut Milk



Salmon



Ginger Paste

Prep in: 30-40 mins

Ready in: 35-45 mins

Eat Me First

Naturally Gluten-Free

*Not suitable for coeliacs*

Turn your weeknight salmon dinner into something a bit special by whipping up a silky Asian-style sauce to go with it.

### Pantry items

Olive Oil, Butter, Brown Sugar, Soy Sauce (or Gluten-Free Tamari 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 · Small saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
jasmine rice	1 medium packet	1 large packet
<b>water*</b>	1¼ cups	2½ cups
carrot	1	2
capsicum	1	2
lime	½	1
salmon	1 small packet	1 large packet
ginger paste	1 medium packet	1 large packet
coconut milk	1 medium tin	1 large tin
<b>brown sugar*</b>	1 tsp	2 tsp
<b>soy sauce*</b> (or gluten-free tamari soy sauce)	1 tbs	2 tbs

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4198kJ (1003Cal)	658kJ (157Cal)
Protein (g)	45.2g	7.1g
Fat, total (g)	54.2g	8.5g
- saturated (g)	23.8g	3.7g
Carbohydrate (g)	76g	11.9g
- sugars (g)	8.9g	1.4g
Sodium (mg)	337mg	53mg

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 **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

4



## Cook the salmon

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Pat **salmon** dry with paper towel, then season on both sides.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness).

**TIP:** Patting the salmon skin dry helps it crisp up in the pan!

2



## Get prepped

- While the rice is cooking, thinly slice **carrot** into half-moons.
- Cut **capsicum** into bite-sized chunks.
- Slice **lime** into wedges. Set aside.

3



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Stir-fry **carrot** and **capsicum** until softened, **5-6 minutes**.
- Season with **salt** and **pepper**.
- Transfer to a plate and cover to keep warm.

5



## Make the sauce

- Meanwhile, combine **coconut milk**, **ginger paste**, the **brown sugar** and the **soy sauce** in a small saucepan.
- Cook over medium-high heat, stirring occasionally, until sauce is warmed through and thickened slightly, **2-3 minutes**.

6



## Serve up

- Divide garlic rice and veggies between plates. Top with seared salmon.
- Spoon over ginger-coconut sauce.
- Serve with lime wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW27



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