



JAPANESE SESAME-CRUSTED SALMON

with Ginger-Soy Greens



Crust salmon skin with sesame seeds



Broccoli



Salmon



Carrot



Sesame Seeds



Spring Onion



Garlic



Ginger



Long Red Chilli (Optional)



Basmati Rice

Hands-on: **30 mins**
Ready in: **35 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional long red chilli)

Time to get your salm-on! Often the key to a delicious salmon fillet is a well-cooked crust and with this recipe, a spatula and a keen attitude, you'll have just that with this golden sesame crust! A fresh accompaniment of veg is brought to life with a classic soy and ginger combo too. Delish!

Pantry Staples: Olive Oil, Soy Sauce (or Gluten Free Tamari Soy Sauce), Rice Wine Vinegar (or White Wine Vinegar), Brown Sugar

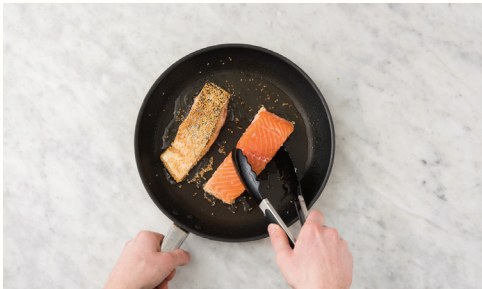
BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, sieve, medium saucepan with a lid, garlic crusher, fine grater, small bowl, spoon, large frying pan, spatula plate, aluminium foil** and a **wooden spoon**.



1 COOK THE RICE

Add the **water (for the rice)** to a medium saucepan and bring to the boil. Rinse the **basmati rice** well. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. **TIP:** Don't lift the lid while the rice is resting so you don't lose any steam!



4 COOK THE SALMON

Heat a **drizzle of olive oil** in a large frying pan over a medium heat. Spread the **sesame seeds** out on a plate. **Drizzle** the skin side of the **salmon** with **olive oil** then press down in the sesame seeds to coat. Cook the salmon, skin side down, for **4-5 minutes**, or until it's crispy and the seeds are golden. Flip the salmon and cook for a further **3-4 minutes**, or until cooked through. Set aside on a plate and cover with foil to keep warm. **TIP:** Using your spatula, press the skin side of the salmon down onto the pan for the first 30 seconds of cooking time. This ensures an evenly cooked, flat skin.



2 GET PREPPED

While the rice is cooking, chop the **broccoli** into 2 cm florets and roughly chop the stalk. Finely slice the **carrot** (unpeeled). Peel and crush the **garlic**. Finely grate the **ginger**. Finely slice the **spring onion** (keep the white and green parts separate). Finely slice the **long red chilli** (if using).



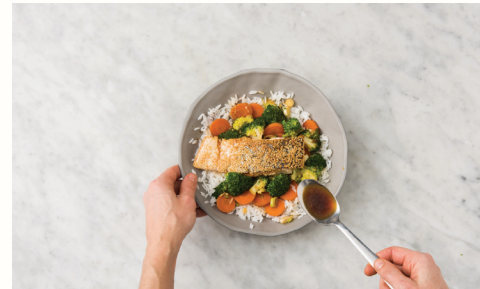
5 COOK THE VEG

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **broccoli** and **carrot** and cook for **7-8 minutes**, or until just tender. Add the **garlic, ginger** and **spring onion** (white parts) and stir-fry for **1-2 minutes**, or until fragrant. Pour in **1/2 of the ginger-soy dressing** and stir-fry for a further **1-2 minutes**, or until the veggies are tender.



3 MAKE THE GINGER-SOY DRESSING

In a small bowl, combine the **soy sauce, rice wine vinegar, brown sugar, water (for the dressing)** and **olive oil (2 tsp for 2 people / 1 tbs for 4 people)** and mix to combine. Set aside.



6 SERVE UP

Divide the basmati rice between bowls. Top with the ginger-soy greens and Japanese sesame-crusted salmon. Pour over the remaining dressing and garnish with the greens of the spring onion and the long red chilli (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet (¾ cup)	2 packets (1½ cups)
broccoli	1 head	2 heads
carrot	2	4
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
spring onion	1 bunch	1 bunch
long red chilli (optional)	1	2
soy sauce* (or gluten free tamar soy sauce)	¼ cup	½ cup
rice wine vinegar* (or white wine vinegar)	2 tbs	½ cup
brown sugar*	2 tbs	½ cup
water* (for the dressing)	2 tbs	½ cup
sesame seeds	1 packet	2 packets
salmon	1 packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2700kJ (646Cal)	364kJ (87Cal)
Protein (g)	40.1g	5.4g
Fat, total (g)	13.6g	1.8g
- saturated (g)	2.6g	0.3g
Carbohydrate (g)	83.2g	11.2g
- sugars (g)	21.5g	2.9g
Sodium (g)	1480mg	199mg

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

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Hello@HelloFresh.com.au

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