



# Sesame-Crusted Salmon & Ginger Veggies

with Garlic Rice & Japanese Mayo

Grab your Meal Kit  
with this symbol



Garlic



Jasmine Rice



Ginger



Carrot



Asian Greens



Mixed Sesame  
Seeds



Salmon




Japanese Dressing



Mayonnaise

 Hands-on: **25-35** mins  
Ready in: **30-40** mins

 Eat me first

The key to a perfectly cooked salmon fillet is crispy skin and melt-in-your-mouth flesh, and you'll get all that and more with this recipe. The veggies are brought to life with a classic soy and ginger combo too. Delish!

## Pantry items

Olive Oil, Butter, Soy Sauce,  
Sesame Oil (Optional)



## 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 · Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	10g	20g
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
ginger	1 knob	2 knobs
carrot	2	4
Asian greens	1 bunch	2 bunches
mixed sesame seeds	1 sachet	2 sachets
salmon	1 packet	1 packet
soy sauce*	1 tbs	2 tbs
sesame oil* (optional)	1 tsp	2 tsp
Japanese dressing	1 tub (30g)	2 tubs (60g)
mayonnaise	1 packet (40g)	2 packets (80g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3770kJ (900Cal)	808kJ (193Cal)
Protein (g)	38.6g	8.3g
Fat, total (g)	49.3g	10.6g
- saturated (g)	8.7g	1.9g
Carbohydrate (g)	73.4g	15.7g
- sugars (g)	11.5g	2.5g
Sodium (g)	1170mg	251mg

### 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** (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 minute**. Add the **water** 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 the water is absorbed, **10-15 minutes**.

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



### 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**.



### 3. Prepare the salmon

Spread the **mixed sesame seeds** over a plate. Pat the **salmon** dry with paper towel, **drizzle** with a little **olive oil** and season with **salt** and **pepper**. Press the **salmon**, skin-side down, into the **sesame seeds** to coat.



### 4. Cook the salmon

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **salmon**, skin-side down, and cook until just cooked through, **2-4 minutes** each side (depending on thickness). Transfer to a plate.

**TIP:** You can serve salmon slightly blushing pink in the centre.



### 5. Cook the ginger veggies

Wipe out the pan and return to a medium-high heat. Add the **ginger**, **carrot** and then a **dash** of **water** and cook, stirring, until starting to soften, **3-4 minutes**. Add the **Asian greens**, **soy sauce** and **sesame oil** (if using) and cook until wilted, **1-2 minutes**. In a small bowl, combine the **Japanese dressing** and **mayonnaise**.



### 6. Serve up

Divide the garlic rice between plates. Top with the ginger veggies and sesame-crusted salmon. Serve with the Japanese mayo.

**Enjoy!**