



Everything
But The Chef

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Seared Asian Style Salmon

Honey, you're going to be head over heels for this honey, garlic and ginger soy sizzled salmon. Served up with a green garland of baby pak choy, spring onions and coriander, dinner has scarcely been so simple and delicious.

 **Prep:** 15 mins
 **Cook:** 30 mins
Total: 45 mins

 level 2

 lactose
free



Rice



Salmon



Ginger



Garlic



Spring Onions



Baby Bok Choy



Coriander

2P	4P	Ingredients
150 g	300 g	rice
1 knob	2 knobs	ginger, peeled & finely diced
2	4	garlic cloves, peeled & crushed ⊕
1 tbs	2 tbs	honey *
2 tbs	4 tbs	soy sauce *
2 fillets	4 fillets	salmon
1 bunch	2 bunches	spring onions, sliced
1 bunch	2 bunches	baby bok choy, chopped
1 tbs	2 tbs	coriander, roughly chopped

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2290	Kj
Protein	48.8	g
Fat, total	19.7	g
-saturated	5	g
Carbohydrate	40.9	g
-sugars	13.2	g

Measuretool

0 cm	1 cm	2 cm



1 Place the **rice** into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Bring a large pot of salted water to the boil. Add the rice and cook it for **10-12 minutes** or until soft. Drain.



2 Combine the **ginger, garlic, honey,** and **soy sauce** in a bowl, adding more soy sauce if desired. Brush the **salmon** with the sauce on both sides and reserve the remaining dressing.



3 Heat a lightly oiled frying pan to a low-medium heat and pan fry the salmon, skin side down for about **2-3 minutes** on each side or until cooked to your liking; remove from the pan & cover to keep warm. Drizzle a little of the reserved dressing in the pan and quickly toss the **spring onions** and **bok choy** until heated through- be careful as the sugar in the honey burns quickly if left unattended.



4 Serve the salmon on a bed of rice with the tossed vegetables and sprinkle with **coriander**.

Did you know? Bok choy has been nicknamed “soup spoon” because of the shape of it's leaves.