



# Asian Sesame-Crusted Salmon & Garlic Rice

with Ginger-Soy Veggies & Pickled Onion

Grab your Meal Kit  
with this symbol



Hands-on: 20-30 mins  
 Ready in: 30-40 mins  
 Eat me first

Go fishing for compliments with this sublime salmon dish – anyone who tastes the crispy skin speckled with sesame seeds, the moreish spring onion and garlic rice or the sharp pickled onion is going to be falling at your feet in appreciation!

***Unfortunately, this week's broccolini was in short supply, so we've replaced it with green beans.  
Don't worry, the recipe will be just as delicious!***

	Garlic		Jasmine Rice
	Green Beans		Asian Greens
	Red Onion		Ginger
	Japanese Dressing		Southeast Asian Spice Blend
	Mixed Sesame Seeds		Salmon
	Coriander		Spring Onion
	Roasted Cashews		

## Pantry items

Olive Oil, Butter, Rice Wine Vinegar, 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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1 1/4 cups	2 1/2 cups
salt* (for the rice)	1/4 tsp	1/2 tsp
jasmine rice	1 packet	1 packet
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 packet	1 packet
red onion	1/2	1
ginger	1 knob	2 knobs
rice wine vinegar*	1/4 cup	1/2 cup
soy sauce*	1/2 tbs	1 tbs
Japanese dressing	1 packet (30g)	2 packets (60g)
Southeast Asian spice blend	1 sachet	1 sachet
mixed sesame seeds	1 sachet	1 sachet
salt* (for the salmon)	1/4 tsp	1/2 tsp
salmon	1 packet	1 packet
coriander	1 bunch	1 bunch
spring onion	1 stem	2 stems
roasted cashews	1 packet	2 packets

\*Pantry items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	4120kJ (985Cal)	836kJ (200Cal)
Protein (g)	49.3g	10.0g
Fat, total (g)	50.1g	10.2g
- saturated (g)	11.9g	2.4g
Carbohydrate (g)	84.3g	17.1g
- sugars (g)	14.1g	2.9g
Sodium (mg)	1290mg	261mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](http://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## Fancy a drop?

We recommend pairing this meal with Riesling or Chardonnay



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## Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **water** and **salt (for the rice)** 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 all the water is absorbed, **10-15 minutes**.

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

## Get prepped

While the rice is cooking, trim and halve the **green beans**. Roughly chop the **Asian greens**. Thinly slice the **red onion** (see ingredients). Finely grate the **ginger**.

## Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **green beans** with a dash of **water**, tossing, until starting to soften, **3-4 minutes**. Add the **Asian greens** and **ginger** and cook until tender and fragrant, **1-2 minutes**. Stir through the **soy sauce** and **Japanese dressing** until warmed. Transfer to a bowl.

## Cook the salmon

While the veggies are cooking, combine the **Southeast Asian spice blend**, **mixed sesame seeds** and **salt (for the salmon)** in a shallow bowl. Pat the **salmon** dry with paper towel, drizzle with **olive oil** and season with **salt** and **pepper**. Press the **salmon** into the **sesame mixture** and turn to coat on both sides. 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, **3-5 minutes** each side (depending on thickness).

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

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## Serve up

Roughly chop the **coriander**. Thinly slice the **spring onion**. Stir the spring onion through the rice. Drain the pickled onion. Divide the garlic rice between bowls. Top with the pickled onion, ginger-soy veggies and Asian sesame-crusted salmon. Garnish with the **roasted cashews** and coriander.

## Enjoy!