



# Chargrilled Scandi-Style Lemon & Dill Salmon

with Dijon Charred Corn Cobs & Rice Salad

Grab your Meal Kit with this symbol



Vegetable Stock



Basmati Rice



Dill



Lemon



Corn



Cucumber



Parsley



Mixed Salad Leaves



Dijon Mustard



Salmon



Garlic Aioli

Hands-on: 15-25 mins  
Ready in: 30-40 mins

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me first

With a bounty of fresh summer flavours including dill, corn and salmon, this dinner delight proves it's simple to create a sensational meal using the barbecue. No barbie? No worries. Just follow our tips for cooking on the stove or in the oven!

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## 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

BBQ · Medium saucepan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	30g	60g
water*	1½ cups	3 cups
vegetable stock	1 cube	2 cubes
basmati rice	1 packet	2 packets
dill	1 bunch	1 bunch
lemon	½	1
corn	1 cob	2 cobs
cucumber	1	2
parsley	1 bag	1 bag
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)
Dijon mustard	1 tub (15g)	2 tubs (30g)
salmon	1 packet	2 packets
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	4141kJ (989Cal)	867kJ (207Cal)
Protein (g)	37.6g	7.9g
Fat, total (g)	60.3g	12.6g
- saturated (g)	15.8g	3.3g
Carbohydrate (g)	69.9g	14.6g
- sugars (g)	6.7g	1.4g
Sodium (mg)	752mg	157mg

## 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.



## Cook the rice

Preheat the BBQ to high. Place the **butter** in a small bowl and allow to come to room temperature. In a medium saucepan, add the **water** and **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people) and bring to the boil. Add the **basmati 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 until the rice is tender and the water is absorbed, **10 minutes**.

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



## Cook the corn

Meanwhile, add the **corn** to the BBQ and grill, turning, until charred all over, **10-15 minutes**.

**NO BBQ?** Boil a kettle of water. Add the boiling water to a saucepan and bring to the boil. Add the corn and until tender and bright yellow, 5 minutes. Drain.



## Get prepped

While the rice is cooking, roughly chop the **dill**. Zest the **lemon** to get a generous pinch, then thinly slice into rounds. Cut the **corn** cob in half. Thinly slice the **cucumber** into rounds. Finely chop the **parsley** leaves. In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**, then season with **salt** and **pepper**. Add the **cucumber** and **mixed salad leaves** and set aside. Add the **Dijon mustard** to the **butter** and use a fork to combine.



## Finish the sides

Toss the **cucumber salad**. Add the **parsley**, **lemon zest** and a good drizzle of **olive oil** to the **rice**. Season to taste.



## Cook the salmon

Cut a large (40cm) square of foil, in the centre of the square add 1/2 the **lemon slices** and top with a piece of **salmon**. Season with **salt** and **pepper**. Fold to create a parcel and pinch the corners to seal. Repeat with the remaining salmon. When the BBQ is hot, add the **salmon** parcels and grill until cooked, **10-15 minutes**.

**TIP:** Placing lemon slices below the salmon stops it sticking to the foil!

**NO BBQ?** Preheat the oven to 200°C/180°C fan-forced. Place the salmon parcels on a baking tray and bake until cooked through, 12-15 minutes.



## Serve up

Unwrap the salmon. Bring everything to the table to serve. Top the charred corn cobs with the Dijon butter. Help yourself to the Scandi-style lemon and dill salmon, Dijon charred corn cobs, cucumber salad, rice salad and **garlic aioli**.

Enjoy!