



Crispy-Skinned Salmon & Thai Coconut Sauce

with Basmati Rice & Greens

Grab your Meal Kit with this symbol



Basmati Rice



Baby Broccoli



Makrut Lime Leaves



Garlic



Ginger



Shredded Coconut



Salmon



Coconut Cream



Miso Paste



Long Green Chilli (Optional)



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



Eat me first



Spicy (optional long green chilli)

Go fishing for compliments with this sublime salmon dish. Anyone who tastes the crispy skin, slathered with a tasty coconut sauce and the tender garlicky greens to go with it will be falling at your feet in appreciation!

Pantry items

Olive Oil, Brown Sugar, Rice 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	1 packet
baby broccoli	1 bunch	2 bunches
makrut lime leaves	2 leaves	4 leaves
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
shredded coconut	1 packet	2 packets
salmon	1 packet	1 packet
coconut cream	1 tin (200ml)	1 tin (400ml)
brown sugar*	½ tbs	1 tbs
miso paste	1 packet (40g)	2 packets (80g)
rice wine vinegar*	1 tsp	2 tsp
long green chilli (optional)	½	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4302kJ (1028Cal)	849kJ (202Cal)
Protein (g)	41.8g	8.2g
Fat, total (g)	58.2g	11.5g
- saturated (g)	35.9g	7.1g
Carbohydrate (g)	81.3g	16g
- sugars (g)	8g	1.6g
Sodium (mg)	885mg	175mg

The quantities provided above are averages only.

Allergens

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

Visit 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



Cook the rice

In a medium saucepan, add the **water** 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!



Get prepped

While the rice is cooking, trim the **baby broccoli** and cut in half lengthways. Thinly slice the **makrut lime leaves**. Finely chop the **garlic**. Finely grate the **ginger**. Heat a large frying pan over a medium-high heat. Add the **shredded coconut** and toast, tossing occasionally, until golden, **2-3 minutes**. Transfer to a small bowl.

TIP: Makrut lime leaves have a fibrous texture, so you want to slice them very thinly!



Cook the greens

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli** with a dash of **water**, tossing, until just tender, **4-5 minutes**. Add 1/2 the **garlic** and cook until fragrant, **30 seconds**. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



Cook the salmon

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Pat the **salmon** dry with paper towel and season both sides. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness). Transfer to the plate with the **veggies**.

TIP: Place the salmon on the plate skin-side up to keep the skin crisp!

TIP: Patting the skin dry helps it crisp up in the pan!



Make the coconut sauce

Wash and dry the frying pan, then return to a medium-high heat. Add the **coconut cream**, **ginger**, **brown sugar**, **makrut lime leaves**, **miso paste**, **rice wine vinegar** and remaining **garlic**. Cook, stirring, until heated through, **3-4 minutes**.



Serve up

Thinly slice the **long green chilli** (if using). Divide the basmati rice and veggies between plates. Top with the crispy-skinned salmon and spoon the Thai coconut sauce around the salmon. Garnish with the toasted coconut and chilli.

TIP: Keep the salmon skin crisp by spooning the sauce around but not over the salmon.

Enjoy!