



Salmon & Ginger Oyster Sauce

with Veggie Stir-Fry & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Broccoli



Southeast Asian Spice Blend



Lemon



Oyster Sauce



Ginger Lemongrass Paste



Salmon

Hands-on: 25-35 mins
 Ready in: 35-45 mins

Eat Me First

Take crispy-skinned salmon to the next level with our irresistible mix of ginger and oyster sauce. Teamed with colourful veggies and fluffy basmati rice, this is a delectable meal everyone will love!

Pantry items

Olive Oil, Butter, Honey

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
butter*	20g	40g
garlic	4 cloves	8 cloves
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
carrot	1	2
broccoli	1 head	2 heads
Southeast Asian spice blend	½ sachet	1 sachet
lemon	½	1
oyster sauce	1 packet (50g)	1 packet (100g)
ginger lemongrass paste	1 packet	2 packets
water* (for the sauce)	2 tbs	¼ cup
honey*	1 tsp	2 tsp
salmon	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3749kJ (896Cal)	644kJ (154Cal)
Protein (g)	44.3g	7.6g
Fat, total (g)	41.1g	7.1g
- saturated (g)	11.8g	2g
Carbohydrate (g)	80.9g	13.9g
- sugars (g)	15.4g	13.9g
Sodium (mg)	1601mg	275mg

The quantities provided above are averages only.

Allergens

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

Visit 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**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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!

2



Prep the veggies

While the rice is cooking, thinly slice the **carrot** into half-moons. Chop the **broccoli** into small florets and roughly chop the stalk.

3



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over high heat. Stir-fry the **carrot**, **broccoli** and a good splash of **water** until tender, **5-7 minutes**. Add a drizzle of **olive oil**, a splash of **water** and sprinkle over the **Southeast Asian Spice Blend** (see ingredients). Cook, tossing, until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.

4



Make the sauce

While the veggies are cooking, zest the **lemon** to get a pinch and cut into wedges. In a small bowl, combine the **oyster sauce**, **ginger lemongrass paste**, the remaining **garlic**, **water (for the sauce)**, **honey**, **lemon zest** and a generous squeeze of **lemon juice**.

5



Cook the salmon

Pat the **salmon** dry with paper towel. 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, **3-4 minutes** each side (depending on thickness). Pour the **oyster sauce mixture** over the salmon, gently turn the fish to coat, and simmer until slightly thickened, **1-2 minutes**.

6



Serve up

Divide the garlic rice between bowls. Top with the veggie stir-fry and salmon. Pour over any remaining ginger oyster sauce. Serve with any remaining lemon wedges.

Enjoy!