



# SEARED LEMONGRASS SALMON

with Coconut Rice & Garlic Veggies



Flavour salmon with aromatic lemongrass and kaffir lime leaves



Coconut Milk



Jasmine Rice



Lemongrass



Kaffir Lime Leaves



Garlic



Salmon



Carrot



Zucchini



Asian Greens

Hands-on: 20 mins  
Ready in: 30 mins

Eat me first

Low calorie

Naturally gluten-free  
*Not suitable for Coeliacs*

Using fragrant Asian ingredients brings flavour and excitement to a piece of salmon, and best of all it's so easy! With rich coconut rice on the side and a medley of garlicky stir-fried veggies, this simple meal will wow and impress.

**Pantry Staples:** Olive Oil, Soy Sauce (Or Gluten Free Tamari Soy Sauce)

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



## 1 MAKE THE COCONUT RICE

In a medium saucepan, combine the **coconut milk**, water and the **salt** and bring to the boil over a high heat. 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 the liquid is absorbed, **10 minutes**. **TIP:** The rice will finish cooking in its own steam so don't peek!



## 2 FLAVOUR THE SALMON

While the rice is cooking, trim the top and bottom of the **lemongrass** and remove the tough outer layer. You should be left with a 4cm piece of white stalk. Finely chop the lemongrass stalk and the **kaffir lime leaves**. **TIP:** Both lemongrass and kaffir lime leaves can be quite fibrous, so you want to chop them as finely as possible. Finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the lemongrass, kaffir lime, **1/2 the garlic**, **olive oil (1 tbs for 2 people / 2 tbs for 4 people)** and the **soy sauce**. Mix well, then add the **salmon** and toss to coat. Set aside.



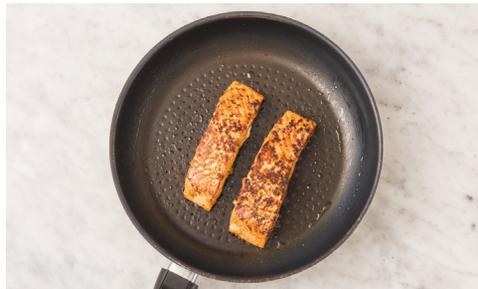
## 3 PREP THE VEGGIES

Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **zucchini** into 1cm batons. Roughly chop the **Asian greens**.



## 4 COOK THE VEGGIES

In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **carrot** and **zucchini** and cook, tossing, until softened, **3-4 minutes**. Add the **Asian greens** and cook until wilted, **2 minutes**. Add the **remaining garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper** and transfer to a medium bowl. Cover to keep warm.



## 5 COOK THE SALMON

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **salmon**, skin-side down, and cook until just cooked through, **2-4 minutes** each side (depending on thickness). Add any **remaining marinade** to the pan and cook until bubbling, then remove from the heat. **TIP:** The marinade will caramelize in the pan, this adds to the flavour!



## 6 SERVE UP

Divide the coconut rice, lemongrass salmon and garlic veggies between plates. Spoon over any sauce remaining in the pan. **TIP:** For the low-calorie option, serve with **1/2 the coconut rice**.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
coconut milk	1 tin (165 ml)	2 tins (330 ml)
water*	¾ cup	1 ½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
lemongrass	1 stalk	2 stalks
kaffir lime leaves	2 leaves	4 leaves
garlic	3 cloves	6 cloves
soy sauce* (or gluten free tamari soy sauce)	1 tbs	2 tbs
salmon	1 packet	1 packet
carrot	1	2
zucchini	1	2
Asian greens	1 bunch	2 bunches

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2080kJ (498Cal)	423kJ (101Cal)
Protein (g)	34.4g	7.0g
Fat, total (g)	18.1g	3.7g
- saturated (g)	7.3g	1.5g
Carbohydrate (g)	44.6g	9.1g
- sugars (g)	6.7g	1.4g
Sodium (g)	800mg	162mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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