











Honey Chili-Garlic Roasted Salmon

with Pan-Fried Vegetables

Spicy

30 Minutes



-  Salmon Fillets, skin-on
-  Zucchini
-  Baby Tomatoes
-  Garlic Puree
-  Basmati Rice
-  Garlic Salt
-  Chili-Garlic Sauce
-  Honey



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HELLO HONEY CHILI-GARLIC
The perfect spicy, sweet and savoury combo!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Zucchini	200 g	400 g
Baby Tomatoes	113 g	227 g
Garlic Puree	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cups
Garlic Salt	1 tsp	2 tsp
Chili-Garlic Sauce 🍷	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep and cook rice

- Add **1 ¼ cups water** and **½ tsp garlic salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Halve **tomatoes**.
- Add **rice** to the **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Finish veggies

- Add **tomatoes** to the pan with **zucchini**. Cook, stirring occasionally, until **tomatoes** are slightly blistered, 1-2 min.
- Remove the pan from heat.
- Add **garlic puree**. Season **veggies** with **remaining garlic salt** and **pepper**, then stir to combine.



Roast salmon

- Meanwhile, combine **chili-garlic sauce** and **honey** in a small bowl.
- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **salmon** on a parchment-lined baking sheet, skin-side down.
- Spoon **honey chili-garlic sauce** over top.
- Roast in the **middle** of the oven until **salmon** is cooked through, 10-12 min.**



Finish and serve

- Fluff **rice** with a fork. Add **1 tbsp butter** (dbl for 4 ppl). Season with **salt** and **pepper**, to taste, and stir to combine.
- Divide **veggies** and **rice** between plates. Top with **salmon**.
- Drizzle **any remaining sauce** from the baking sheet over **salmon**.



Start veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min.

Dinner Solved!