



Honey-Garlic Salmon

with Ginger-Soy Veggies and Garlic Rice

Quick

25 Minutes



Salmon Fillets,
skin-on



Honey-Garlic Sauce



Soy Sauce



Garlic Salt



Sweet Bell Pepper



Basmati Rice



Bok Choy, chopped



Ginger



Black Sesame Seeds

HELLO HONEY-GARLIC SAUCE

Golden sweet honey combines with garlic and a hint of soy for a sticky coating!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Honey-Garlic Sauce	4 tbsp	8 tbsp
Soy Sauce	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Sweet Bell Pepper	160 g	320 g
Basmati Rice	¾ cup	1 ½ cups
Bok Choy, chopped	113 g	227 g
Ginger	15 g	30 g
Black Sesame Seeds	1 tbsp	1 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.

Contact

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Cook garlic rice

- Add **rice**, **1 ¼ cups water** (dbl for 4 ppl) and **half the garlic salt** to a medium pot.
- Bring to a boil over high heat.
- Once boiling, 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.



Cook salmon

- Heat the same pan over medium.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**, skin-side down. Cook until **skin** is crispy, 4-5 min. Flip and cook until **salmon** is cooked through, 2-3 min.**
- Remove the pan from heat. Transfer **salmon** to a plate.
- Carefully wipe the pan clean.



Prep

- Meanwhile, peel, then mince or grate **2 tsp ginger** (dbl for 4 ppl).
- Core, then cut **pepper** into ½-inch pieces.
- Pat **salmon** dry with paper towels. Season with **pepper** and **remaining garlic salt**.



Make honey-garlic drizzle

- Add **honey-garlic sauce** and **remaining soy sauce** to the same pan, then return the pan to medium.
- Simmer, stirring often, until **sauce** thickens slightly, 30 sec.
- Remove the pan from heat.



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers** and **bok choy**. Cook, stirring often, until **veggies** are tender-crisp, 3-4 min.
- Add **ginger** and **half the soy sauce**. Season with **salt** and **pepper**, to taste. Cook, stirring often, until fragrant, 30 sec.
- Transfer **veggies** to a plate, then cover to keep warm.



Finish and serve

- Add **half the sesame seeds** and **1 tbsp butter** (dbl for 4 ppl) to the pot with **rice**, then fluff **rice** with a fork until **butter** melts.
- If desired, gently remove and discard salmon skin.
- Divide **rice** and **veggies** between plates. Arrange **salmon** over top.
- Spoon **honey-garlic** drizzle over **salmon**.
- Sprinkle with **remaining sesame seeds**.

Dinner Solved!