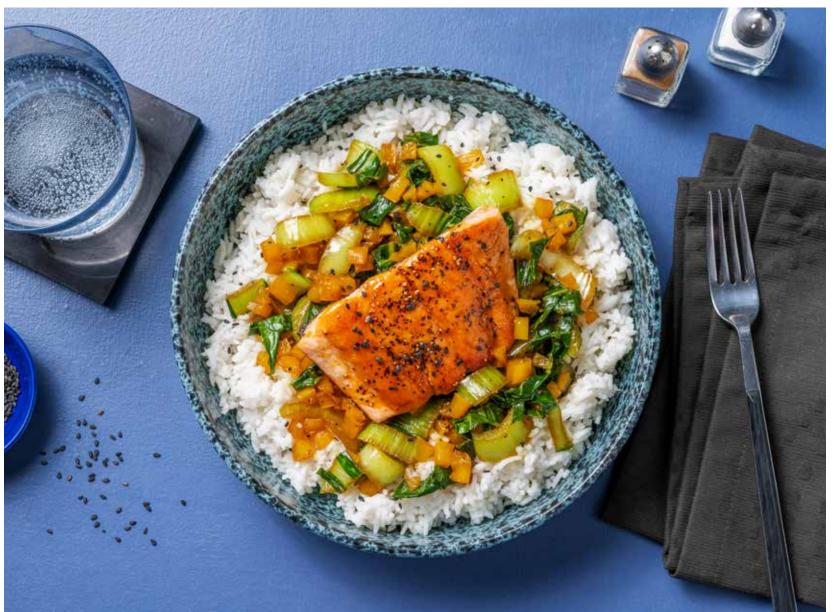


Honey-Garlic Salmon with Ginger-Soy Veggies and Garlic Rice

Quick

25 Minutes







Salmon Fillets, skin-on

Honey-Garlic Sauce









Sweet Bell Pepper

Basmati Rice





Bok Choy, chopped





Black Sesame Seeds

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

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	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.



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.



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**.



Cook veggies

- · Heat a large non-stick pan over mediumhigh 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.



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.



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.



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.

Contact

Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca

