



# Honey-Garlic Salmon

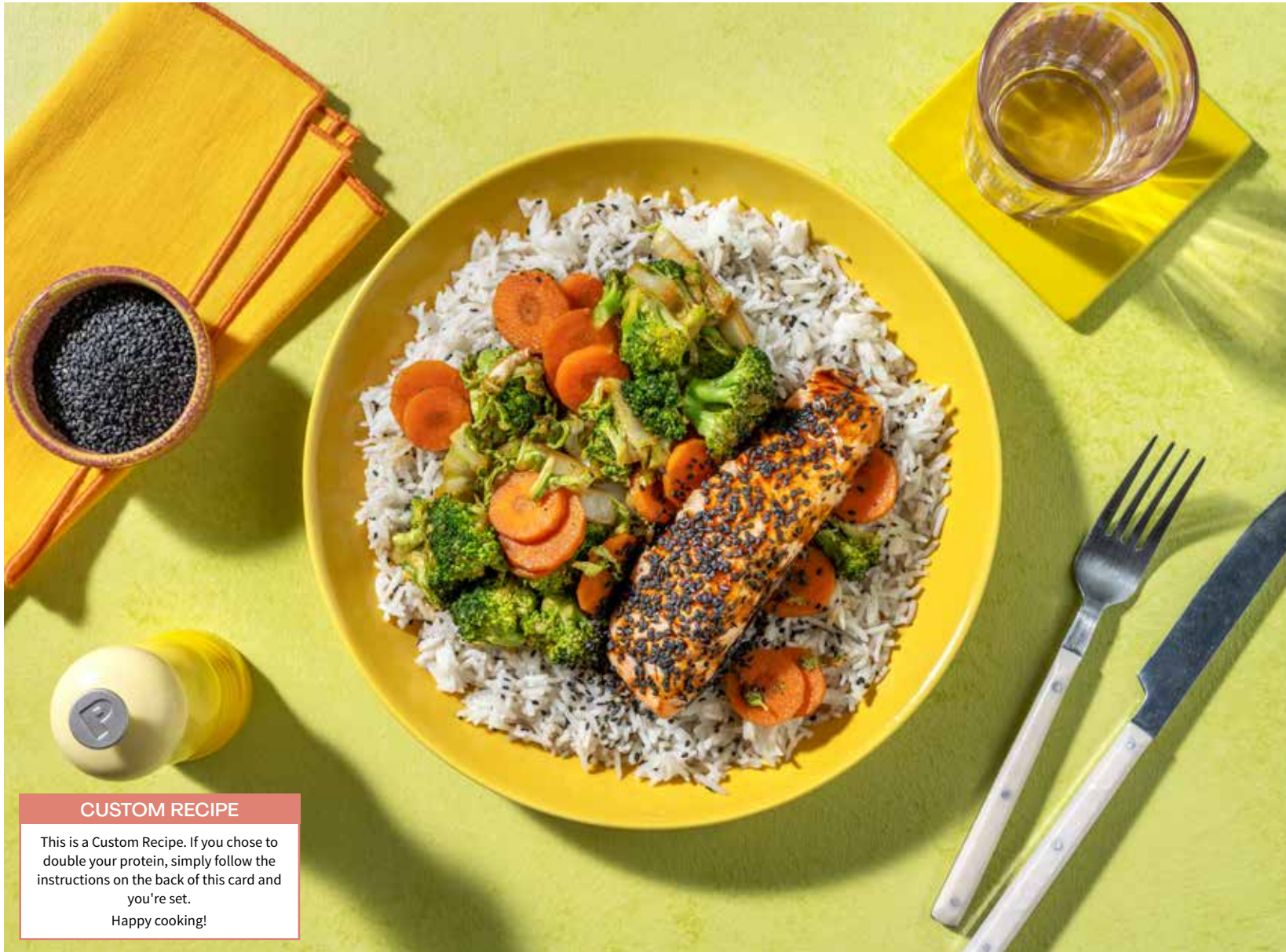
## with Ginger-Soy Veggies and Garlic Rice

Quick

25 Minutes



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### CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!



Salmon Fillets,  
skin-on



Double Salmon Fillets,  
skin-on



Honey-Garlic Sauce



Soy Sauce



Garlic Salt



Basmati Rice



Vegetable Mix



Ginger-Garlic Puree



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, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

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

## Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon Fillets, skin-on	500 g	1000 g
Honey-Garlic Sauce	4 tbsp	8 tbsp
Soy Sauce	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Basmati Rice	¾ cup	1 ½ cups
Vegetable Mix	170 g	340 g
Ginger-Garlic Puree	2 tbsp	4 tbsp
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.



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1



### Cook garlic rice

- Add **rice**, **1 ¼ cups** (2 ½ cups) **water** 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.

4



### Make honey-garlic drizzle

- Add **honey-garlic sauce** and **remaining soy sauce** to the same pan, then return to medium.
- Simmer, stirring often, until **sauce** thickens slightly, 30 sec-1 min.
- Remove pan from heat.

2



### Cook salmon

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **salmon** dry with paper towels. Season with **pepper** and **remaining garlic salt**.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **salmon**, skin-side up. Sear, until golden-brown, 2-3 min.
- Transfer **salmon**, skin-side down, to a parchment-lined baking sheet.
- Roast **salmon** in the **bottom** of the oven until cooked through, 4-6 min.\*\*
- Carefully wipe the pan clean.

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **salmon**. (TIP: Don't overcrowd the pan. Cook salmon in 2 batches using ½ tbsp oil per batch.)

5



### Finish rice and salmon

- Add **half the sesame seeds** and **1 tbsp** (2 tbsp) **butter** to the pot with **rice**, then fluff **rice** with a fork until **butter** melts.
- If desired, carefully remove and discard salmon skin.

3



### Cook veggies

- Meanwhile, return the same pan (from step 2) to medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **vegetable mix** and **¼ cup** (½ cup) **water**. Season with **salt** and **pepper**.
- Cover and cook, stirring occasionally, until **veggies** are tender, 5-7 min.
- Add **ginger-garlic puree** and **half the soy sauce**. Cook, stirring often, until fragrant, 30 sec-1 min.
- Transfer **veggies** to a plate, then cover to keep warm.

6



### Finish and serve

- Divide **rice** between plates.
- Top with **veggies**, then **salmon**.
- Spoon **honey-garlic drizzle** over **salmon**.
- Sprinkle with **remaining sesame seeds**.

Dinner Solved!