



# Hot Honey Baked Salmon

with Garlic Rice and Soy Fried Veg

**Classic** 25-30 Minutes • **Mild Spice** • 1 of your 5 a day

46



Garlic Clove



Basmati Rice



Salmon Fillets



Mangetout



Sliced Mushrooms



Soy Sauce



Hot Sauce



Honey

**Pantry Items**

Oil, Salt, Pepper, Butter, Mayonnaise

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Garlic press, saucepan, lid, baking tray, baking paper, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Basmati Rice	150g	225g	300g
Salmon Fillets** 4)	2	3	4
Mangetout**	80g	120g	150g
Sliced Mushrooms**	80g	120g	180g
Soy Sauce 11) 13)	15ml	25ml	30ml
Hot Sauce	50g	60g	100g
Honey	15g	22g	30g

Pantry	2P	3P	4P
Oil for Cooking*	½ tbsp	½ tbsp	½ tbsp
Water for the Rice*	300ml	450ml	600ml
Butter*	30g	45g	60g
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	502g	100g
Energy (kJ/kcal)	3250 /777	648 /155
Fat (g)	41.3	8.2
Sat. Fat (g)	12.2	2.4
Carbohydrate (g)	76.2	15.2
Sugars (g)	10.8	2.1
Protein (g)	30.3	6.0
Salt (g)	2.52	0.50

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

4) Fish 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

♻️ You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Start the Garlic Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).

Pop a deep saucepan (with a tight-fitting lid) on medium heat with the **oil** (see pantry for amount). Once hot, add **half** the **garlic** and stir-fry for 1 min.

Stir in the **rice** until coated, 1 min. Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) and bring to the boil.



## Finish the Rice

Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Roast the Salmon

Meanwhile, lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**, then rub to coat.

When the oven is hot, roast the **salmon** on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



## Get Stir-Frying

While the **salmon** roasts, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **mangetout** and **mushrooms** to the pan and stir-fry until tender, 5-6 mins.

Add the remaining **garlic** and stir-fry until fragrant, 30 secs.

Stir in the **soy sauce** until evaporated, 1 min. Transfer the **cooked veg** to a bowl and cover to keep warm.



## Hot Honey Time

When everything's nearly ready, clean out the (now empty) frying pan and pop back on medium heat.

Add the **hot sauce**, **honey**, **butter** and **water for the sauce** (see pantry for both amounts) and stir vigorously until the **butter** has melted and the **sauce** is piping hot, 1-2 mins. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.



## Serve Up

Fluff up the **garlic rice** with a fork and share between your serving bowls.

Top with the **salmon** and **soy stir-fried veg**. Spoon the **hot honey sauce** over the **salmon fillets**.

Drizzle over the **mayonnaise** (see pantry for amount) to finish.

## Enjoy!