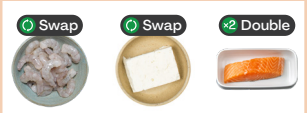




# Honey-Garlic Salmon

## with Ginger-Soy Veggies and Garlic Rice

25 Minutes



Shrimp 285 g | 570 g  
Tofu 1 | 2  
Salmon Fillets, skin-on 500 g | 1000 g

Customized Protein + Add Swap or \*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



- 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
- Basmati Rice 3/4 cup | 1 1/2 cups
- Shanghai Bok Choy 1 | 2
- Ginger-Garlic Puree 2 tbsp | 4 tbsp
- Black Sesame Seeds 7 g | 7 g
- Sweet Bell Pepper 1 | 2

**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.

**Pantry items** | Salt, pepper, unsalted butter, oil

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

1



### Cook garlic rice

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

- 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 sauce

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

2



### Cook salmon

🔄 Swap | **Shrimp**

🔄 Swap | **Tofu**

×2 Double | **Salmon Fillets**

- 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 **tblsp** (1 **tblsp**) **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.

5



### Finish rice and salmon

- Add **half the sesame seeds** and **1 tblsp** (2 **tblsp**) **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

- Core, then cut **pepper** into ½-inch pieces.
- Cut **bok choy** into ½-inch pieces.
- Meanwhile, return the same pan (from step 2) to medium-high.
- When hot, add **1 tblsp** (2 **tblsp**) **oil**, then **peppers** and **bok choy**. 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

🔄 Swap | **Tofu**

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

Measurements  
within steps

1 **tblsp** (2 **tblsp**) **oil**  
2 person 4 person Ingredient

## 2 | Cook shrimp

🔄 Swap | **Shrimp**

If you've opted to get **shrimp**, using a strainer, rinse **shrimp** then pat dry with paper towels. Season **shrimp** in the same way the recipe instructs you to season the **salmon**. When hot, pan-fry **shrimp** until just pink and cooked through, 2-4 min. \*\* Transfer to a plate and cover to keep warm. Skip instructions to roast, then follow the rest of the recipe as written.

## 2 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Cut **tofu** in half parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the **salmon**. When hot, add **1 tblsp** (2 **tblsp**) **oil** to the pan, then **tofu**. Sear until golden-brown, 2-3 min per side. Transfer **tofu** to a parchment-lined baking sheet. Roast **tofu** in the **bottom** of the oven until golden and tender, 4-6 min.

## 2 | Cook salmon

×2 Double | **Salmon Fillets**

If you've opted for **double salmon**, cook it in the same way the recipe instructs you to cook the **regular portion of salmon**.

## 6 | Finish and serve

🔄 Swap | **Tofu**

Thinly slice **tofu** before serving.

\*\* Cook salmon to a minimum internal temperature of 70°C/158°F and shrimp to a minimum internal temperature of 74°C/165°F, as size may vary.