



# Honey Chili-Garlic Roasted Salmon

## with Pan-Fried Vegetables

Spicy

30 Minutes

\*2 Double



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](https://www.hellofresh.ca)



Salmon Fillets, skin-on  
250 g | 500 g



Zucchini  
1 | 2



Baby Tomatoes  
113 g | 227 g



Garlic Puree  
1 tbsp | 2 tbsp



Garlic Salt  
1 tsp | 2 tsp



Chili-Garlic Sauce  
1 tbsp | 2 tbsp



Honey  
1 | 2



Basmati Rice  
¾ cup | 1 ½ cup

**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** | Oil, pepper, unsalted butter, salt

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

1



### Prep and cook rice

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (1 tsp) **garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Halve **tomatoes**.
- Add **rice** to the **boiling water**. 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



### Finish veggies

- Add **tomatoes** to the pan with **zucchini**. Cook, stirring occasionally, until **tomatoes** are slightly blistered, 1-2 min.
- Remove the pan from heat.
- Add **garlic puree**. Season **veggies** with **remaining garlic salt** and **pepper**, then stir to combine.

2



### Roast salmon

×2 Double | Salmon Fillets, skin-on

- Meanwhile, combine **chili-garlic sauce** and **honey** in a small bowl.
- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **salmon** on a parchment-lined baking sheet, skin-side down.
- Spoon **honey garlic sauce** over top.
- Roast in the **middle** of the oven until **salmon** is cooked through, 10-12 min.\*\*

5



### Finish and serve

- Fluff **rice** with a fork. Add **1 tbsp** (2 tbsp) **butter**. Season with **salt** and **pepper**, to taste, then stir to combine.
- Divide **rice** between plates. Top with **veggies** and **salmon**.
- Drizzle **any remaining sauce** from the baking sheet over **salmon**.

3



### Start veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min.

Measurements  
within steps

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

## 2 | Roast salmon

×2 Double | Salmon Fillets, skin-on

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

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