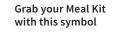


Hoisin & Garlic-Baked Salmon

with Butter Rice & Creamy Slaw

READY TO COOK











Salmon

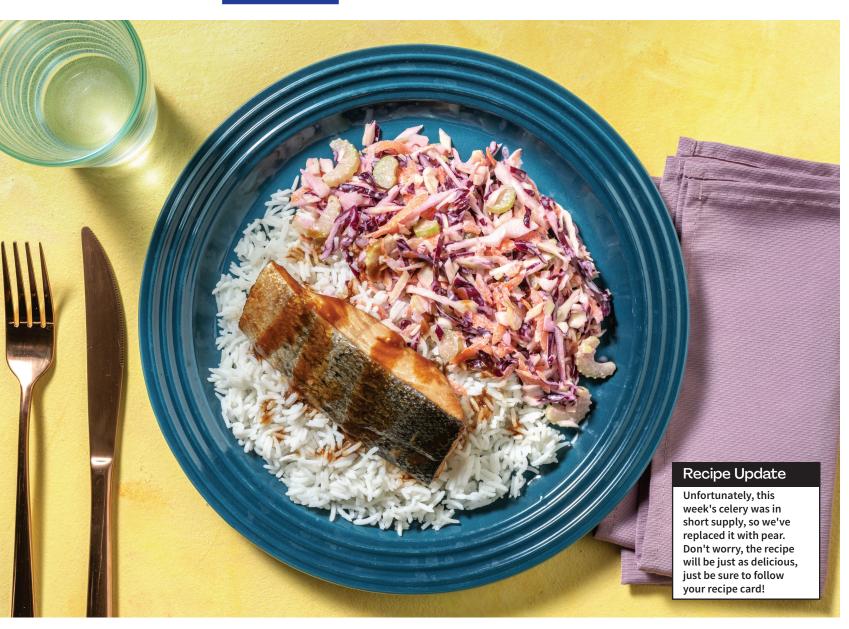


Microwavable Basmati

Slaw Mix



Mayonnaise



Prep in: 5-15 mins Ready in: 20-30 mins

Eat Me Early

Enjoy a home-cooked meal with minimal prep and fuss! Simply pop the pre-prepped ingredients in the oven to cook and quickly assemble for a delicious and wholesome dinner. Let those pops of garlic in the hoisin sauce combine with the freshness of blushing salmon. You won't be disappointed.

Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar, Sesame Oil, Honey, Butter, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium or large baking dish

Ingredients

| • | | |
|------------------------------|-----------------|-----------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| garlic | 2 cloves | 4 cloves |
| hoisin sauce | 1 packet | 2 packets |
| soy sauce* | 2 tbs | 1/4 cup |
| rice wine vinegar* | 1 tbs | 2 tbs |
| sesame oil* | 1 tsp | 2 tsp |
| honey* | 1 tsp | 2 tsp |
| salmon | 1 packet | 2 packets |
| pear | 1 | 2 |
| microwavable basmati rice | 1 packet | 2 packets |
| butter* | 20g | 40g |
| slaw mix | 1 bag (150g) | 1 bag (300g) |
| mayonnaise | 1 medium packet | 1 large packet |
| white wine vinegar* | drizzle | drizzle |
| | | |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3611kJ (863Cal) | 775kJ (185Cal) |
| Protein (g) | 35.1g | 7.5g |
| Fat, total (g) | 56.5g | 12.1g |
| - saturated (g) | 13.3g | 2.9g |
| Carbohydrate (g) | 59.2g | 12.7g |
| - sugars (g) | 16.4g | 3.5g |
| Sodium (mg) | 1492mg | 320mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



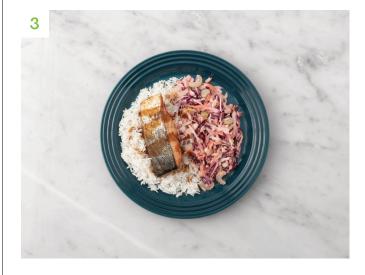
Bake the salmon

- Preheat oven to 220°C/200°C fan-forced. Finely chop garlic.
- In a small bowl, combine hoisin sauce, garlic, the soy sauce, rice wine vinegar, sesame oil, the honey and a splash of water.
- Place **salmon** in a baking dish and season on both sides. Lightly coat or spray with **olive oil**. Pour over **hoisin mixture**, gently turning the **salmon** to coat.
- Bake until salmon is just cooked through, 8-10 minutes.



Make the rice & slaw

- Meanwhile, thinly slice **pear**.
- Just before serving, microwave **basmati rice** until steaming, **2-3 minutes**. When the rice is done, carefully, stir through the **butter** until melted and combined.
- In a medium bowl, combine slaw mix, pear, mayonnaise and a drizzle of white wine vinegar. Season to taste.



Serve up

- Divide butter rice and creamy slaw between plates. Top with hoisin and garlic-baked salmon.
- Spoon over any remaining sauce from the baking dish to serve. Enjoy!

