



# Hoisin & Garlic-Baked Salmon

with Butter Rice & Creamy Slaw

READY TO COOK

Grab your Meal Kit with this symbol



Garlic



Hoisin Sauce



Salmon



Pear



Microwavable Basmati Rice



Slaw Mix



Mayonnaise

### Recipe Update

Unfortunately, this week's celery was in short supply, so we've replaced it with pear. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
hoisin sauce	1 packet	2 packets
<b>soy sauce*</b>	2 tbs	¼ cup
<b>rice wine vinegar*</b>	1 tbs	2 tbs
<b>sesame oil*</b>	1 tsp	2 tsp
<b>honey*</b>	1 tsp	2 tsp
salmon	1 packet	2 packets
pear	1	2
microwavable basmati rice	1 packet	2 packets
<b>butter*</b>	20g	40g
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
<b>white wine vinegar*</b>	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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## 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!

## Rate your recipe

Did we make your tastebuds happy?

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