



Hoisin & Ginger-Baked Salmon

with Butter Rice & Creamy Slaw

READY TO COOK

Grab your Meal Kit with this symbol



Hoisin Sauce



Ginger Paste



Salmon



Celery



Microwavable Basmati Rice



Slaw Mix



Mayonnaise

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

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 ginger in the hoisin sauce combine with the freshness of blushing salmon. You won't be disappointed.

Pantry items

Olive Oil, Honey, Butter, Vinegar (White Wine or Rice Wine)

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
hoisin sauce	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
salmon	1 packet	2 packets
celery	1 stalk	2 stalks
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
vinegar* (white wine or rice wine)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3418kJ (817Cal)	744kJ (178Cal)
Protein (g)	34.6g	7.5g
Fat, total (g)	51.5g	11.2g
- saturated (g)	12.6g	2.7g
Carbohydrate (g)	59.5g	13g
- sugars (g)	16.5g	3.6g
Sodium (mg)	1108mg	241mg

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.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW22

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Bake the salmon

- Preheat oven to **220°C/200°C fan-forced**.
- In a small bowl, combine **hoisin sauce**, **ginger paste**, 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 **celery**.
- Just before serving, microwave **basmati rice** until steaming, **2-3 minutes**. Carefully, stir through the **butter** until combined.
- In a medium bowl, combine **slaw mix**, **celery**, **mayonnaise** and a drizzle of **vinegar**. Season to taste.

Serve up

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

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