



MARLEY SPOON



Honey-Soy Salmon with Ginger Rice and Stir-fried Veggies

 20-30min  4 Portions

Infused with Asian flavours and served with veggies and fluffy aromatic rice, this salmon is a sensational dish - easy yet gourmet. Best of all, the omega-3 fatty acids in the salmon are well-known to be great for heart-health, but they can also help boost cognitive development in kids!

What we send

- red capsicum
- carrot
- sesame seed mix ¹¹
- broccoli
- 2 garlic cloves, ginger, coriander
- jasmine rice
- Atlantic salmon fillets, skin off ⁴
- sesame oil ¹¹
- mirin

What you'll require

- Australian honey
- salt
- soy sauce ⁶
- vegetable oil

Utensils

- foil
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The ginger flavour in the rice is subtle, but if your kids don't like ginger, leave it out from the rice.

Allergens

Fish (4), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 700kcal, Fat 23.1g, Carbs 81.3g, Proteins 38.4g



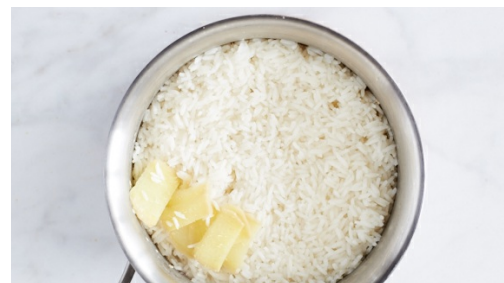
1. Marinate salmon

Peel the **ginger** and thinly slice half. Finely grate the remaining ginger and place in a bowl with the **mirin**, **sesame oil**, 60ml (¼ cup) **soy sauce** and 1 tbs **honey**. Stir to dissolve the honey. Remove any remaining pin-bones from the **salmon**, add to the bowl and turn to coat. Set aside to marinate.



4. Cook salmon

Remove **salmon** from the marinade, allowing the excess to drip off (reserve marinade) and place the fish on an oven tray lined with foil. Cook under the grill for 6-8 mins until just cooked through, watching to ensure the marinade doesn't burn.



2. Cook rice

Meanwhile, place 420ml (1¾ cups) water, the **rice**, ½ tsp **salt** and the **sliced ginger** (see cooking tip) in a medium saucepan and bring to the boil. Cover, reduce heat to low and cook for 12 mins. Turn off the heat and stand for 8 mins. Do not lift the lid at any time during cooking.



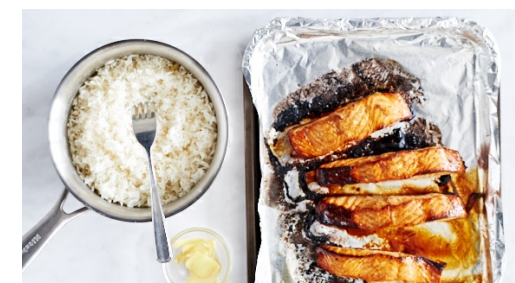
5. Stir-fry veggies

Meanwhile, heat 1 tbs **vegetable oil** in a wok or large frypan over medium heat. Stir-fry the **garlic** for 30 secs or until fragrant. Add the **capsicum**, **broccoli**, **reserved marinade** and 1 tbs water and stir-fry for 2 mins. Add the **carrot** and stir-fry for a further 1-2 mins until vegetables are tender.



3. Prepare veggies

Meanwhile, preheat oven grill to medium and adjust tray so fish will fit under the grill. Cut the **broccoli** into florets and slice the stem. Finely chop the **garlic**. Cut the **carrots** into matchsticks (or julienne using an Asian shredder). Thinly slice the **capsicum**, discarding seeds and membrane. Pick the **coriander** leaves (discard stems) and coarsely chop.



6. Get ready to serve

Discard **ginger slices** from the **rice** and fluff up the grains. Divide rice between bowls, add the **stir-fried vegetables** and top with the **honey-soy salmon**. Scatter with **sesame seeds** and **coriander**, if desired.