

MARLEY SPOON



Salmon and Stir-Fried Rice

with Ginger, Soy and Sesame



30-40min



4 Portions

What we send

- 11
- 4

What you'll require

- neutral-flavoured oil
- soy sauce ⁶
- water

Utensils

- fine grater
- large frypan
- medium saucepan
- sieve

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

Allergens

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

Nutrition per serving

Energy 640kcal, Fat 27.9g, Carbs 56.4g, Proteins 36.2g



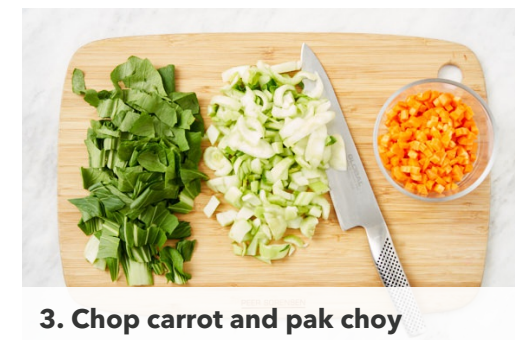
1. Cook rice

Read through the recipe. Bring **1.5L (6 cups) water** to the boil in a medium saucepan for the rice. Cook the **rice** for 25 mins or until the rice is tender. Drain.



2. Chop capsicum

Meanwhile, peel and finely grate the **ginger**. Finely chop the **capsicums**, discarding the seeds and membrane.



3. Chop carrot and pak choy

Peel and finely chop the **carrots**. Trim the **pak choy**, then coarsely chop, keeping the leaves and stems separate.



4. Cook salmon

Heat **1 tbs olive oil** in a medium frypan over high heat. Cook the **salmon**, skin-side down, for 3 mins or until the skin is crisp and golden. Reduce the heat to medium-high, turn and cook, flesh-side down, for a further 2-3 mins until just cooked or cooked to your liking (cooking times may vary depending on the thickness of the fillets). Remove from the pan.



5. Stir-fry vegetables

Meanwhile, heat **1 tbs oil** in a large deep frypan over high heat. Stir-fry the **ginger**, **capsicum**, **carrot** and **pak choy stems** for 2-3 mins until starting to soften. Add the **pak choy leaves** and cook for a further 2 mins or until wilted.



6. Get ready to serve

Add the **rice** and **60ml (1/4 cup) soy sauce** and toss to combine. Divide the **rice** and **salmon** among bowls. Scatter over the **sesame seeds** to serve.