



# Crispy-Skinned Salmon

with Miso Coconut Sauce, Basmati Rice & Greens

Grab your Meal Kit  
with this symbol



Basmati Rice



Asparagus



Broccolini



Lemon



Long Green  
Chilli (Optional)



Garlic



Ginger



Shredded Coconut



Salmon



Coconut Cream



Miso Paste



Hands-on: **25-35** mins  
Ready in: **30-40** mins



Eat me first



Spicy (optional long  
green chilli)

Go fishing for compliments with this sublime salmon dish. Anyone who tastes the crispy skin, slathered with a tasty coconut sauce and the tender garlic greens to go with it will be falling at your feet in appreciation!

*Unfortunately, this week's green beans were in short supply, so we've replaced them with broccolini.  
Don't worry, the recipe will be just as delicious!*

## Pantry items

Olive Oil, Brown Sugar,  
Rice Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Medium saucepan with a lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
asparagus	1 bunch	2 bunches
broccolini	1 bunch	2 bunches
lemon	½	1
long green chilli (optional)	½	1
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
shredded coconut	1 packet	2 packets
salmon	1 packet	1 packet
coconut cream	1 packet (200ml)	1 packet (400ml)
brown sugar*	2 tsp	4 tsp
miso paste	1 packet (40g)	2 packets (80g)
rice wine vinegar*	1 tsp	2 tsp

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4550kJ (1090Cal)	780kJ (186Cal)
Protein (g)	47.0g	8.1g
Fat, total (g)	64.2g	11.0g
- saturated (g)	38.0g	6.5g
Carbohydrate (g)	75.9g	13.0g
- sugars (g)	12.7g	2.2g
Sodium (mg)	846mg	145mg

### 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.

### Fancy a Drop?

We recommend pairing this meal with Riesling or Chardonnay



## 1. Make the basmati rice

In a medium saucepan, bring the **water** to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## 2. Get prepped

While the rice is cooking, trim the ends of the **asparagus**. Trim the **broccolini** and halve lengthways. Slice the **lemon** into wedges. Thinly slice the **long green chilli** (see ingredients list), if using. Finely chop the **garlic**. Finely grate the **ginger**. Heat a large frying pan over a medium-high heat. Add the **shredded coconut** and toast, tossing occasionally, until golden, **2-3 minutes**. Transfer to a small bowl.



## 3. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **asparagus**, **broccolini** and a **dash** of **water** to the pan and cook, tossing, until just tender, **3-4 minutes**. Add **1/2** the **garlic** and cook until fragrant, **30 seconds**. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



## 4. Cook the salmon

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Pat the **salmon** dry with paper towel and season both sides with **salt** and **pepper**. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness). Transfer to the plate with the **veggies**.

**TIP:** Place the fish on the plate skin-side up to keep the skin crisp!

**TIP:** Patting the skin dry helps it crisp up in the pan!



## 5. Make the coconut sauce

Wash and dry the frying pan, then return to a medium-high heat. Add the **coconut cream**, **ginger**, **brown sugar**, **miso paste**, **rice wine vinegar** and **remaining garlic**. Stir until heated through, **3-4 minutes**.



## 6. Serve up

Divide the basmati rice and veggies between plates. Top with the salmon, then spoon the coconut sauce around the salmon. Garnish with the toasted coconut and chilli (if using). Serve with the lemon wedges.

**TIP:** Keep the fish skin crisp by spooning the sauce around but not over the fish.

## Enjoy!