



HONEY GARLIC SALMON

WITH EDAMAME & BROCCOLINI

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 55 minutes

This simple honey garlic salmon is light on ingredients but packed with flavour. Serve on buttery garlic brown rice with plenty of green veggies.



RICE

- 2 cloves garlic
- 2 tsp chicken stock powder
- 2 1/2 cups boiling water (625ml)
- 1 1/3 cups dried medium-grain brown rice (267g)
- 2 Tbsp butter
- 1 tsp dried oregano

SALMON

- 1/4 cup honey (60ml)
- 3 Tbsp soy sauce
- 1 1/2 Tbsp lemon juice
- 1 Tbsp water
- 3 cloves garlic
- 500g boneless salmon fillets (4 fillets / 1lb 2oz)
- 1/2 Tbsp butter

GREENS

- 250g broccolini or broccoli (8.8oz)
- 1 cup frozen shelled edamame beans (155g)
- 2 spring onions *optional*

1. PREPARE RICE

Crush garlic. Dissolve stock powder in boiling water. Rinse rice and drain well. Melt butter in a large non-stick pot on medium-high. Add garlic and oregano and cook until garlic is starting to turn golden. Stir in rice, then stock. Bring to a rapid simmer, then turn heat down to medium-low, cover with a lid and leave to cook for 35 minutes.

2. PREPARE SALMON

Meanwhile, whisk honey, soy sauce, lemon juice and water together in a bowl or jug. Crush garlic and add to sauce. Season salmon fillets with salt and pepper.

3. PREPARE GREENS

Trim ends off broccolini and place in a microwave-safe dish. Place edamame in another microwave-safe dish. Thinly slice spring onions.

4. COOK SALMON AND GREENS

When rice has cooked for 35 minutes, check water has been absorbed and remove from heat. Leave to rest, covered, for 10 minutes.

5. At this point, melt butter for salmon in a large non-stick frying pan on medium. Cook salmon, skin down, for 3-4 minutes. Flip and cook for 2-3 minutes, until almost cooked to your liking. Flip back over, pour sauce on top and simmer rapidly for a minute.

6. While salmon cooks, microwave broccolini for 3-4 minutes and edamame for 1-2 minutes, until tender.

7. SERVE

Divide rice between warmed serving plates or bowls. Top with greens and salmon, and drizzle all over with sauce. Sprinkle with spring onions, if using.



WINE MATCH: A Pinot Noir.

HONEY GARLIC SALMON RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free stock powder and choose gluten-free soy sauce.

INGREDIENT SWAPS / NOTES: If you don't like salmon, you could use boneless, skinless chicken thighs instead. You will need to pan fry for a few minutes longer, to make sure they are completely cooked through. Sesame seeds make a nice topping if you have some on hand.

STORING AND REHEATING: Store individual portions in containers in the fridge and reheat in the microwave.