



## Honey Soy Salmon with McCormacks Farm Pak Choi

Oven-roasted salmon glazed in a sweet and savoury honey soy marinade, paired with tender mini pak choi from McCormack's Farm and fluffy steamed rice. Finished with fresh spring onion for a light, nourishing, and flavour-packed dish.

### Nutritional Info

Calories: 574 kcal  
Carbohydrates: 67g  
Protein: 32g  
Fat: 17g

### Ingredients

- Salmon
- Spring onions
- Garlic
- Rice Mix
  - Basmati Rice
  - Black Rice
- Sauce Mix
  - Soy sauce
  - Sesame oil
- Honey
- Ginger Thumb
- Baby pak choi

### Your Pantry

- Olive Oil
- Salt & Pepper

### Allergens

Fish (Salmon)  
Wheat (Soy Sauce)  
Soy (Soy Sauce)  
Sesame (Sesame Oil)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) **Preheat the oven to 180°C and boil the kettle**

### 2) **Prepare the vegetables**

Slice the baby pak choi in half lengthwise. Finely slice the spring onion.

### 3) **Make the marinade**

Peel the ginger & garlic and finely grate both of them. Mix together the grated garlic & ginger with the honey and sauce mix.

### 4) **Boil the rice**

Add the rice to a saucepan of boiling water and cook for 10-12 minutes.

### 5) **Cook the salmon and pak choi**

Line a baking tray with greaseproof paper and lay the salmon skin-side down in the middle. Pierce the salmon with the knife a couple of times. Lay the pak choi around the salmon. Drizzle the marinade over the pak choi. Place in the oven for 15-18 minutes or until the salmon is just cooked through and the pak choi tender. Remove from the oven and use a spoon to scoop and drizzle any remaining sauce over the top.

### 6) **Serve the dish**

Serve the salmon alongside the rice and pak choi. Garnish with the sliced spring onions.



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | **#DropChef**