



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

HONEY & SOY SALMON WITH SEASONAL ASIAN GREENS AND STICKY RICE



PREP
10 min



COOK
25 min



SERVES
4

INGREDIENTS:

- > 2 Cups Sushi Rice
- > ½ Shallots Bunch
- > 1 Bok Choy Bunch
- > 4 Salmon Fillets
- > 210ml Honey Soy Marinade
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Salt and Pepper
- > Roasted Sesame Seeds (Optional)

METHOD – GET COOKING!



1

Cook the rice as per packet instructions.

Cut the bottom ends off the shallots and then into batons, finely slice the tips for garnishing. Cut the bok choy in half or into quarters. Set everything aside.

Pat dry the salmon fillets and season with salt and pepper.

2

In a large frying pan on high heat, **drizzle cooking oil** and **sear the bok choy** for 2 minutes on **each side. Remove** from pan and **set aside.**

Add the shallots to the pan and **sear** for 2 minutes on **each side until golden brown. Remove and set aside** with the bok choy.

3

Using the same pan on high heat, **drizzle with cooking oil** and **sear the salmon fillets flesh side down** for approximately 2 minutes. **Turnover and sear the skin side** on for 2-3 minutes **until golden. Remove** from pan and **set aside.**

Remove the excess oil from the pan. **Add the honey soy marinade** to the same pan on medium high heat and **bring to the boil. Place the salmon back in,** skin side up, and **cook** for 5 minutes until cooked through. **Squeeze the juice of ½ a lemon** and **mix through** the sauce. Then spoon the sauce over the salmon. **Finish by placing the veggies in the sauce** for around 2 minutes.

4

Serve honey & soy salmon on a platter with rice and veggies.

Drizzled with the rest of the sauce and sprinkled with some sliced shallots. Garnished with sesame seeds if preferred.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use left over rice for making your own sushi rolls or as a side dish in any other Asian dish.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au