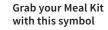
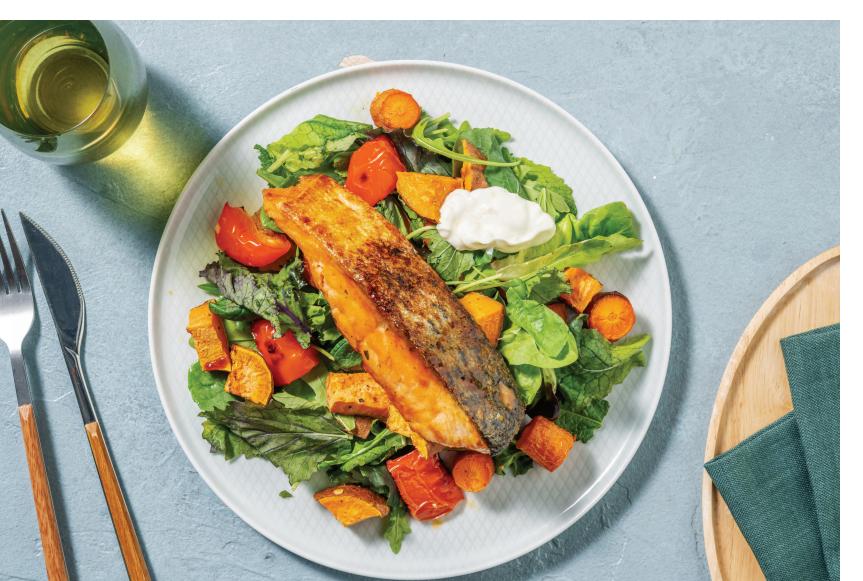


Sweet Soy & Ginger Salmon with Roast Veggie Salad & Aioli













Sweet Potato





Carrot







Mixed Salad

Leaves

Salmon

Garlic Aioli



Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me First



*Custom Recipe is not Carb Smart

The honey, soy and ginger marinade works a treat with the seared salmon in this delectable dish, cutting the richness and creating a gorgeous glaze in the pan. We've swapped white spuds for a subtly sweet roast veg salad to keep the carbs down and the flavour up.

Pantry items

Olive Oil, Honey, Soy Sauce (or Gluten Free Tamari Soy Sauce), White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
capsicum	1	2
carrot	1	2
ginger paste	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
soy sauce* (or gluten free tamari soy sauce)	2 tbs	¼ cup
water*	1 tbs	2 tbs
salmon	1 small packet	1 large packet
mixed salad leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2671kJ (638Cal)	532kJ (127Cal)
Protein (g)	34.4g	6.9g
Fat, total (g)	41.2g	8.2g
- saturated (g)	5.5g	1.1g
Carbohydrate (g)	32.9g	6.6g
- sugars (g)	22.1g	4.4g
Sodium (mg)	876mg	175mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3995kJ (955Cal)	622kJ (149Cal)
Protein (g)	63.3g	9.9g
Fat, total (g)	63.2g	9.8g
- saturated (g)	9.7g	1.5g
Carbohydrate (g)	34.5g	5.4g
- sugars (g)	22.1g	3.4g
Sodium (mg)	917mg	143mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Cut sweet potato, capsicum and carrot into small chunks.



Roast the veggies

- Place prepped veggies on a lined oven tray.
 Drizzle with olive oil, season with salt and pepper and toss to coat.
- · Roast until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Make the glaze

Meanwhile, in a small bowl, combine ginger
paste, the honey, the soy sauce, the water and
a pinch of pepper.



Cook the salmon

- When the veggies have 5 minutes remaining, pat salmon dry and season on both sides.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. When the oil is hot, cook salmon, skin side-down first, until just cooked through, 2-4 minutes each side.
- In the last minute, add the honey-soy mixture.
 Simmer until slightly thickened, 30 seconds.

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

Custom Recipe: If you've doubled your salmon, cook in batches for the best results. Return all salmon to pan before adding the honey-soy mixture.



Toss the veggies

- In a large bowl, combine mixed salad leaves, roasted veggies and a drizzle of the white wine vinegar.
- · Season to taste.

TIP: Toss the veggies on the roasting tray to save on washing up!



Serve up

- Divide roast veggie salad between plates. Top with sweet soy and ginger salmon.
- Pour any remaining glaze from the pan over salmon.
- · Serve with garlic aioli. Enjoy!



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate