



# Sweet Soy & Ginger Salmon

with Roast Veggie Salad & Aioli

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Carrot



Ginger Paste



Salmon



Mixed Salad Leaves



Garlic Aioli



Salmon

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



**Carb Smart\***  
*\*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.



Eat Me First

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
capsicum	1	2
carrot	1	2
ginger paste	1 medium packet	1 large packet
<b>honey*</b>	1 tbs	2 tbs
<b>soy sauce*</b> (or <i>gluten free tamari soy sauce</i> )	2 tbs	¼ cup
<b>water*</b>	1 tbs	2 tbs
salmon	1 small packet	1 large packet
mixed salad leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	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](https://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.



## 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.



## 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.*



## 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!*



## Make the glaze

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



## 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!

## Rate your recipe

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