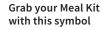


# Honey-Soy Garlic Salmon & Sweet Potato Toss

with Sesame Dressing

NEW

DIETITIAN APPROVED









**Sweet Potato** 





Beetroot







Garlic

Salmon





**Baby Spinach** Leaves

Sesame Dressing





Prep in: 20-30 mins Ready in: 35-45 mins

Eat Me First



Around 45 minutes is all that's standing between you and this delectable low-cal dish. With the greatest of veggies in this roast veggie toss, you'll have the perfect base for tender salmon!



#### **Pantry items**

### 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
zucchini	1	2		
beetroot	1	2		
red onion	1	2		
garlic	3 cloves	6 cloves		
low sodium soy sauce*	2 tbs	¼ cup		
salmon	1 small packet	2 small packets OR 1 large packet		
honey*	1 tbs	2 tbs		
baby spinach leaves	1 small bag	1 medium bag		
vinegar* (white wine or rice wine)	drizzle	drizzle		
sesame dressing	½ large packet	1 large packet		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2598kJ (621Cal)	370kJ (88Cal)
Protein (g)	40.2g	5.7g
Fat, total (g)	27.3g	3.9g
- saturated (g)	4.3g	0.6g
Carbohydrate (g)	54.1g	7.7g
- sugars (g)	34g	4.8g
Sodium (mg)	743mg	106mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2088kJ (499Cal)	287kJ (69Cal)
Protein (g)	43.8g	6g
Fat, total (g)	12.8g	1.8g
- saturated (g)	2.4g	0.3g
Carbohydrate (g)	51.8g	7.1g
- sugars (g)	34g	4.7g
Sodium (mg)	795mg	109mg

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.



Scan here if you have any questions or concerns





# Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato and zucchini into bite-sized chunks. Cut beetroot into small chunks. Cut red onion into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat.
- Roast until tender. 20-25 minutes.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

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



# Flavour the roast veggies

- Meanwhile, finely chop garlic.
- In a small bowl, combine a drizzle of olive oil, half the garlic and half the low sodium soy sauce.
- Remove tray from oven, pour soy-garlic mixture over veggies, tossing to coat.
- Return to oven and roast until browned,
  5 minutes.



# Cook the salmon

- Meanwhile, pat **salmon** dry with paper towel and season both sides.
- When the veggies have 10 minutes remaining, in a large frying pan, heat a drizzle of olive oil over medium-high heat.
- When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side.
- Transfer to serving plates.

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

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Heat pan as above. Cook chicken steaks, until browned and cooked through (when no loner pink inside), 3-6 minutes each side.



## Make the glaze

- Return frying pan to a medium heat with a drizzle of olive oil.
- Cook remaining garlic, until fragrant, 1 minute.
- Stir in the honey and remaining low sodium soy sauce and cook until slightly thickened, 1 minute.



# Bring it altogether

- To tray of roast veggies, add baby spinach leaves and a drizzle of the vinegar.
- · Toss to combine and season to taste.



# Serve up

- Divide sweet potato veggie toss between plates
- Top with salmon, spooning over remaining glaze from pan.
- Drizzle over sesame dressing (see ingredients) to serve. Enjoy!

**Custom Recipe:** Spoon glaze over chicken and drizzle over sesame dressing to serve.

#### Rate your recipe

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