



# Honey-Soy Garlic Salmon & Sweet Potato Toss with Sesame Dressing

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Sweet Potato



Zucchini



Beetroot



Red Onion



Garlic



Salmon



Baby Spinach Leaves



Sesame Dressing



Chicken Breast

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

Calorie Smart

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!

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

### Pantry items

Olive Oil, Low Sodium Soy Sauce, Honey, Vinegar (White Wine or Rice Wine)

## 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	2	4
zucchini	1	2
beetroot	1	2
red onion	1	2
garlic	3 cloves	6 cloves
<b>low sodium soy sauce*</b>	2 tbs	¼ cup
salmon	1 small packet	2 small packets OR 1 large packet
<b>honey*</b>	1 tbs	2 tbs
baby spinach leaves	1 small bag	1 medium bag
<b>vinegar*</b> (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

\*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](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



1



## 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.

2



## 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**.

3



## 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 longer pink inside), 3-6 minutes each side.

4



## 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**.

5



## 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.

6



## 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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