



Soy & Ginger Salmon

with Roast Veggie Salad & Mixed Sesame Seeds

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Zucchini



Garlic



Ginger Paste



Salmon



Baby Spinach Leaves



Garlic Aioli

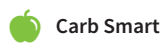


Mixed Sesame Seeds



Beef Rump

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



Carb Smart

Take crispy-skinned salmon to the next level with an irresistible mix of salty, sweet and umami soy, zingy ginger and nutty sesame seeds. Team with a hearty roast veggie salad that feels a bit fancy thanks to our garlic aioli working its magic as a dressing.

Eat Me First

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

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, 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
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot	1	2
zucchini	1	2
garlic	1 clove	2 cloves
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
vinegar* (white wine or rice wine)	drizzle	drizzle
salmon	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 medium bag	1 large bag
garlic aioli	½ medium packet	1 medium packet
mixed sesame seeds	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2297kJ (549Cal)	485kJ (116Cal)
Protein (g)	36.1g	7.6g
Fat, total (g)	34.2g	7.2g
- saturated (g)	4.8g	1g
Carbohydrate (g)	24.1g	5.1g
- sugars (g)	13.8g	2.9g
Sodium (mg)	533mg	113mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1715kJ (410Cal)	355kJ (85Cal)
Protein (g)	38.2g	7.9g
Fat, total (g)	18.1g	3.7g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	23g	4.8g
- sugars (g)	13.8g	2.9g
Sodium (mg)	551mg	114mg

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



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato, carrot** and **zucchini** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake until tender, **20-25 minutes**.

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

4



Add the flavour

- Remove pan from heat. Add **soy-ginger mixture**, gently turning **salmon** until well coated.

TIP: The residual heat in the pan will cook the sauce!

Custom Recipe: Remove frying pan from the heat. Add the soy-ginger mixture, gently turning the beef until well coated.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- In a small bowl, combine **ginger paste, garlic, the soy sauce, the brown sugar** and a drizzle of the **vinegar**.

Custom Recipe: If you've swapped to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened (if your beef rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time!). Season beef with salt and pepper.

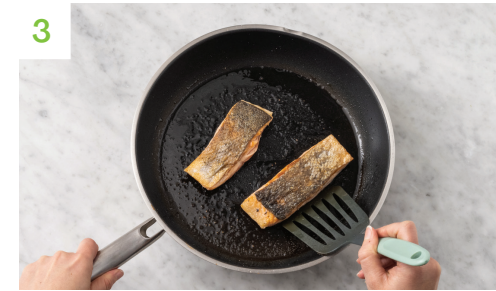
5



Bring it all together

- To the tray with the roast veggies, add **baby spinach leaves** and **garlic aioli** (see ingredients). Toss to combine, then season to taste.

3



Cook the salmon

- When the veggies have **10 minutes** remaining, heat a large frying pan with a drizzle of **olive oil** over medium-high heat. Pat **salmon** dry with a paper towel, then season both sides.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness).

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

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

6



Serve up

- Divide the roast veggie salad between plates.
- Top with soy and ginger salmon.
- Spoon any remaining sauce from the pan over the salmon.
- Sprinkle **mixed sesame seeds** over salmon to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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