



# Soy & Ginger Glazed 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

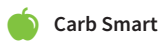


Mixed Sesame Seeds



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
<b>olive oil*</b>	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
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	½ tbs	1 tbs
<b>vinegar* (white wine or rice wine)</b>	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
Dietary Fibre (g)	7.9g	1.7g

### 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
Dietary Fibre (g)	7.0g	1.6g

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



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## 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.

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## 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, brown sugar** and a drizzle of **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.

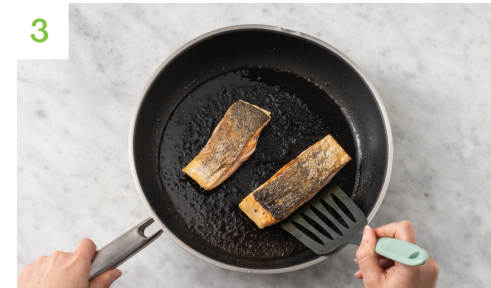
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## Bring it all together

- 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.

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## Serve up

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

**Custom Recipe:** Slice steak to serve.

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)