



Honey-Soy Salmon & Konjac Noodle Stir-Fry

with Veggies & Asian BBQ Sauce

NEW

Grab your Meal Kit with this symbol



Salmon



Konjac Noodles



Capsicum



Brown Onion



Carrot



Zucchini



Asian BBQ Seasoning



Oyster Sauce



Salmon

Prep in: 15-25 mins
Ready in: 25-35 mins



Carb Smart*
*Custom recipe is not Carb Smart

Eat Me First

Oozing with Asian BBQ seasoning and oyster sauce, tender veggies, slippery noodles and squeaky salmon will gladly welcome the major flavour hit. This one will definitely become one you add to your favourites.

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

Pantry items

Olive Oil, Honey, Soy Sauce, Vinegar (White Wine or Rice Wine), Brown Sugar

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
honey*	1 tbs	2 tbs
soy sauce*	2 tbs	¼ cup
vinegar* (white wine or rice wine)	½ tbs	1 tbs
salmon	1 small packet	2 small packets OR 1 large packet
konjac noodles	1 packet	2 packets
capsicum	1	2
brown onion	1	2
carrot	1	2
zucchini	1	2
Asian BBQ seasoning	1 sachet	2 sachets
oyster sauce	1 medium packet	1 large packet
water*	2 tbs	¼ cup
brown sugar*	pinch	pinch
salmon**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2016kJ (482Cal)	295kJ (71Cal)
Protein (g)	35.6g	5.2g
Fat, total (g)	21.1g	3.1g
- saturated (g)	3.6g	0.5g
Carbohydrate (g)	36.7g	5.4g
- sugars (g)	29.3g	4.3g
Sodium (mg)	2684mg	392mg
Dietary Fibre (g)	7.6g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3273kJ (782Cal)	397kJ (95Cal)
Protein (g)	64.1g	7.8g
Fat, total (g)	41.4g	5g
- saturated (g)	7.2g	0.9g
Carbohydrate (g)	37.9g	4.6g
- sugars (g)	29.3g	3.6g
Sodium (mg)	2740mg	332mg

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



Cook the salmon

- In a small bowl, combine the **honey**, **soy sauce** and **vinegar**. Set aside.
- Pat **salmon** dry with paper towel and season both sides.
- 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.
- Remove pan from heat and add **honey soy mixture**, turning **salmon** to coat, **1 minute**. Transfer to a plate and cover to keep warm.

Custom Recipe: If you've doubled your salmon, also double the quantity of the honey, soy sauce, and vinegar. Follow instructions as above, cooking in batches for the best results.

3



Stir-fry the veggies

- Wipe out frying pan then return to high heat with a drizzle of **olive oil**.
- Cook **capsicum**, **carrot**, **zucchini** and **onion** until tender, **4-5 minutes**.
- Reduce heat to medium, then add **Asian BBQ seasoning**, **oyster sauce**, the **water** and a pinch of the **brown sugar**. Cook until slightly thickened, **1-2 minutes**.
- Remove from heat then stir through **konjac noodles**. Season to taste.

TIP: If your pan is getting crowded, cook in batches for the best results!

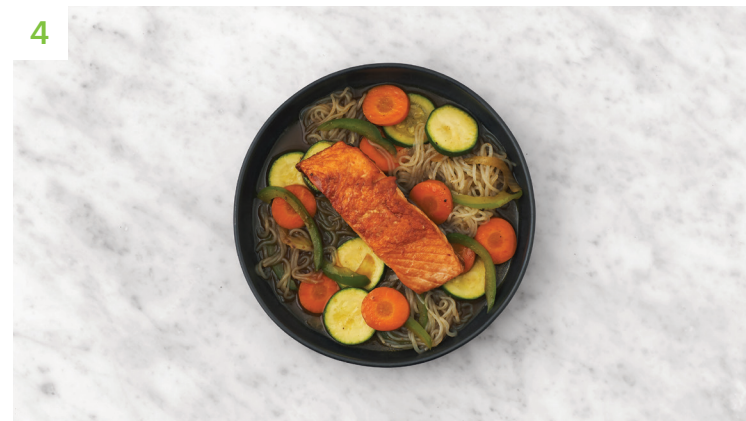
2



Get prepped

- Meanwhile, drain and rinse **konjac noodles**.
- Thinly slice **capsicum** and **brown onion**.
- Thinly slice **carrot** and **zucchini** into rounds.

4



Serve up

- Divide konjac noodle stir-fry between bowls.
- Top with honey-soy salmon to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate