



Soy & Ginger Sesame Salmon with Roast Veggie Salad

CLIMATE SUPERSTAR

Grab your Meal Kit
with this symbol



Sweet Potato



Carrot



Zucchini



Garlic



Ginger Paste



Salmon



Baby Spinach
Leaves



Garlic Aioli



Mixed Sesame
Seeds



Salmon

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

Carb Smart*
*Custom recipe is
not Carb Smart

Eat Me First

We're in our light and bright era this summer, so only a salad will do. 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.

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 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 medium packet	1 large packet
garlic aioli	½ medium packet	1 medium packet
mixed sesame seeds	1 medium sachet	1 large sachet
salmon**	1 medium packet	2 medium 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)	13.9g	2.9g
Sodium (mg)	533mg	113mg
Dietary Fibre (g)	7.9g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3554kJ (849Cal)	579kJ (138Cal)
Protein (g)	64.7g	10.5g
Fat, total (g)	54.5g	8.9g
- saturated (g)	8.4g	1.4g
Carbohydrate (g)	25.3g	4.1g
- sugars (g)	13.9g	2.3g
Sodium (mg)	589mg	96mg

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



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.



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: Return all salmon to pan before adding the soy-ginger mixture.



Get prepped

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



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.



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: If you've doubled your salmon, prepare and cook salmon as above, in batches if your pan is getting crowded.



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!

Rate your recipe

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