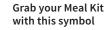


Soy & Ginger Sesame Salmon with Roast Veggie Salad

CLIMATE SUPERSTAR









Sweet Potato





Zucchini





Ginger Paste

Salmon





Baby Spinach Leaves

Garlic Aioli



Mixed Sesame Seeds





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

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.

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

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	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	
	and the second second		

^{*}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.



Get prepped

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



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.



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.



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.



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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate