

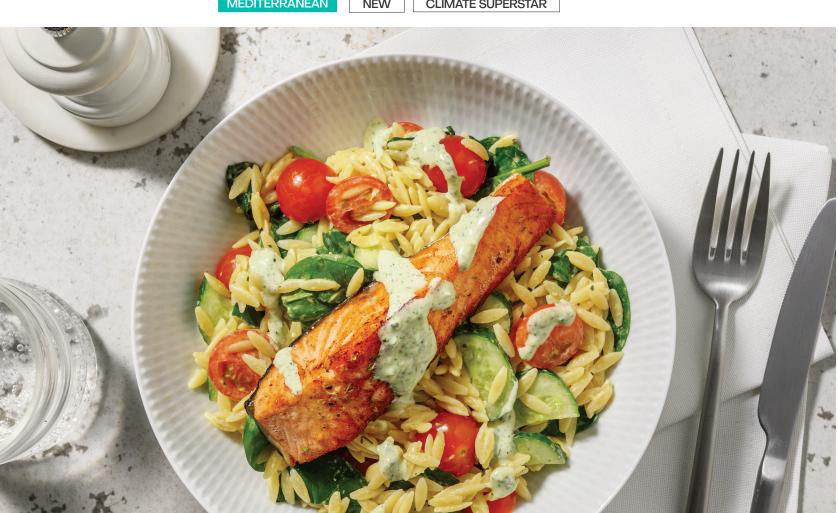
Garlicky Salmon & Warm Risoni Salad

with Creamy Pesto Dressing

MEDITERRANEAN

NEW

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol









Vegetable Stock Powder





Salmon

Garlic & Herb Seasoning





Snacking Tomatoes

Baby Spinach





Cucumber

Mustard Cider Dressing



Creamy Pesto Dressing



Prep in: 10-20 mins Ready in: 20-30 mins

A warm bowl of creamy risoni is just what the doctor ordered! Pack on garlicky salmon and some extra colourful veggies to have a



Eat Me Early

homey and hearty meal all in the one bowl. With a drizzle of creamy pesto dressing, flavour is truly in high demand here!

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

 $Large\ saucepan\cdot Large\ frying\ pan$

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| risoni | 1 medium packet | 2 medium packets |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| salmon | 1 medium packet | 2 medium packets OR 1 large packet |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| snacking tomatoes | 1 medium packet | 2 medium packets |
| baby spinach leaves | 1 small packet | 1 medium packet |
| cucumber | 1 | 1 |
| mustard cider dressing | 1 packet | 2 packets |
| creamy pesto dressing | 1 medium packet | 1 large packet |
| 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) | 3429kJ (820Cal) | 764kJ (183Cal) |
| Protein (g) | 39.9g | 8.9g |
| Fat, total (g) | 43.2g | 9.6g |
| - saturated (g) | 6.1g | 1.4g |
| Carbohydrate (g) | 67g | 14.9g |
| - sugars (g) | 5.4g | 1.2g |
| Sodium (mg) | 1214mg | 270mg |
| Dietary Fibre (g) | 3.3g | 0.7g |
| | | |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4686kJ (1120Cal) | 796kJ (190Cal) |
| Protein (g) | 68.5g | 11.6g |
| Fat, total (g) | 63.5g | 10.8g |
| - saturated (g) | 9.7g | 1.6g |
| Carbohydrate (g) | 68.1g | 11.6g |
| - sugars (g) | 5.5g | 0.9g |
| Sodium (mg) | 1270mg | 216mg |
| Dietary fibre | 3.3g | 0.6g |

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 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





Cook the pasta

- Boil the kettle. Pour boiled water into a large saucepan and place over high heat with a pinch of salt.
- Cook risoni in the boiling water until 'al dente', 7-8 minutes.
- Drain risoni, then return to saucepan with vegetable stock powder and a drizzle of olive oil. Stir to combine and set aside.



Toss the salad

- While the salmon is cooking, halve snacking tomatoes.
- · Roughly chop baby spinach leaves.
- Thinly slice cucumber into half moons.
- Add cucumber, snacking tomatoes, spinach and mustard cider dressing to saucepan with risoni. Season with salt and pepper and stir to combine.



Cook the salmon

- Meanwhile, in a medium bowl, combine salmon, garlic & herb seasoning, and a drizzle of olive oil.
- 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.

Custom Recipe: If you've doubled your salmon, prepare salmon and cook salmon in batches for best results.



Serve up

- · Divide warm risoni salad between bowls.
- Top with garlicky salmon and drizzle over creamy pesto dressing to serve. Enjoy!