



Garlicky Salmon & Warm Risoni Salad

with Creamy Pesto Dressing

MEDITERRANEAN

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Risoni



Vegetable Stock Powder



Salmon



Garlic & Herb Seasoning



Snacking Tomatoes



Baby Spinach Leaves



Cucumber



Mustard Cider Dressing



Creamy Pesto Dressing



Salmon

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

Eat Me Early

A warm bowl of creamy risoni is just what the doctor ordered! Pack on garlicky salmon and some extra colourful veggies to have a homey and hearty meal all in the one bowl. With a drizzle of creamy pesto dressing, flavour is truly in high demand here!

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

Pantry items

Olive Oil

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 · 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



2024 | CW21

1



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.

3



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.

2



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.

4



Serve up

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

Rate your recipe

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