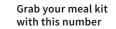


Soy & Ginger Sesame Salmon with Roast Veggie Salad

CLIMATE SUPERSTAR









Sweet Potato





Zucchini





Ginger Paste





Baby Spinach Leaves

Garlic Aioli



Mixed Sesame Seeds





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

Eat Me Early





Protein Rich

We're in our light and bright era 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.

Pantry items

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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2280kJ (545cal)	234kJ (56cal)
Protein (g)	36.3g	3.7g
Fat, total (g)	33.5g	3.4g
- saturated (g)	4.6g	0.5g
Carbohydrate (g)	24.5g	2.5g
- sugars (g)	13.9g	1.4g
Sodium (mg)	533mg	54.8mg
Dietary Fibre (g)	7.9g	0.8g

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.



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!



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!



Bring it all together

 Add baby spinach leaves and garlic aioli (see ingredients) to the tray with the roast veggies. Toss to combine, then season with salt and pepper 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!







Follow method above, cooking in batches if necessary.



Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

