



# Soy & Ginger Sesame Salmon with Roast Veggie Salad

CLIMATE SUPERSTAR

Grab your meal kit  
with this number

6



Sweet Potato



Carrot



Zucchini



Garlic



Ginger Paste



Salmon



Baby Spinach  
Leaves



Garlic Aioli



Mixed Sesame  
Seeds



Salmon



Beef  
Rump

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

Carb Smart

Protein Rich

Eat Me Early

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
<b>olive oil*</b>	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
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	½ tbs	1 tbs
<b>vinegar*</b> (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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

2



## Get prepped

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

3



## 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!

4



## 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!

5



## 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.

6



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



### CUSTOM OPTIONS



#### DOUBLE SALMON

Follow method above, cooking in batches if necessary.



#### SWAP TO BEEF RUMP

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.

