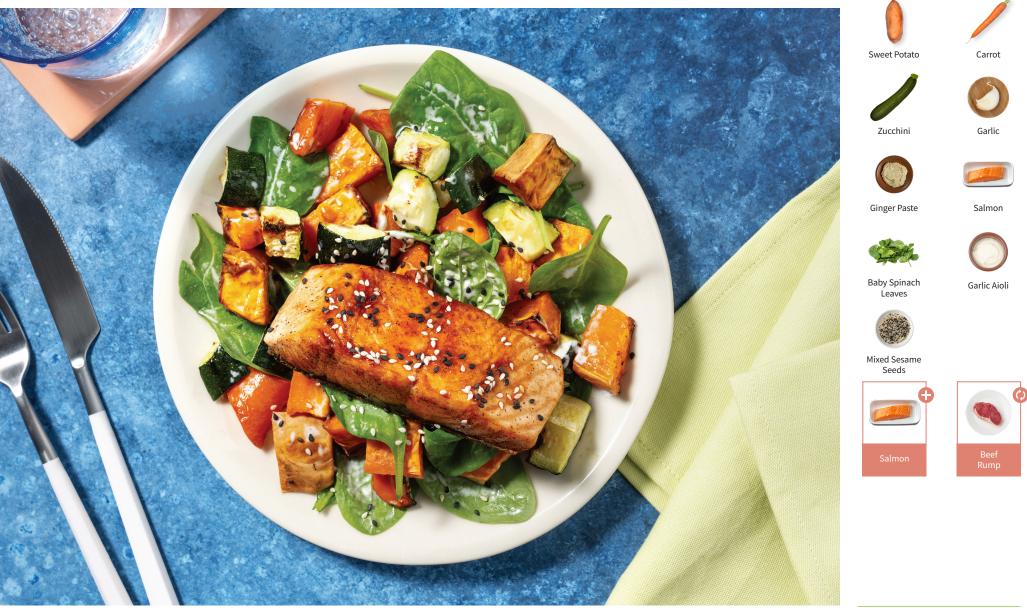


# Soy & Ginger Sesame Salmon with Roast Veggie Salad

CLIMATE SUPERSTAR

6)



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

1

Eat Me Early



**Carb Smart** 

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  $\cdot$  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*<br>(white wine or<br>rice wine) | drizzle           | drizzle                               |
| salmon                                   | 1 medium packet   | 2 medium packets<br>OR 1 large packet |
| baby spinach<br>leaves                   | 1 medium packet   | 1 large packet                        |
| garlic aioli                             | 1/2 medium packet | 1 medium packet                       |
| mixed sesame<br>seeds                    | 1 medium sachet   | 1 large sachet                        |
| *Pantry Items                            |                   |                                       |
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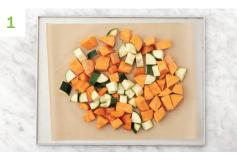
#### Nutrition

| Per Serving     | Per 100g   |
|-----------------|--|
| 2280kJ (545cal) | 234kJ (56cal)  |
| 36.3g           | 3.7g   |
| 33.5g           | 3.4g   |
| 4.6g            | 0.5g   |
| 24.5g           | 2.5g   |
| 13.9g           | 1.4g   |
| 533mg           | 54.8mg   |
| 7.9g            | 0.8g   |
|                 | 2280kJ (545cal)<br>36.3g<br>33.5g<br>4.6g<br>24.5g<br>13.9g<br>533mg |

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

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



## Serve up

- Divide roast veggie salad between plates.
- Top with soy and ginger salmon, spooning any remaining sauce from the pan over the salmon.
  Sprinkle with **mixed secame seeds** to
- Sprinkle with **mixed sesame seeds** to serve. Enjoy!

#### We're here to help! Scan here if you have any questions or concerns 2024 | CW42



SWAP TO BEEF RUMP

Cook, turning, for 5-9 minutes for medium. Rest scan the scan the

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

