



Honey-Sesame Salmon & Roast Pumpkin

with Garlicky Pan-Fried Veggies

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Pumpkin



Garlic



Carrot



Green Beans



Sesame Seeds



Baby Spinach Leaves



Salmon



Beef Rump



Salmon

Prep in: 25-35 mins
Ready in: 35-45 mins

Carb Smart

Protein Rich

Eat Me Early

Salmon is on the menu again, proving itself to be a true HelloFresh favourite. Laced in a gorgeous honey-sesame glaze, the tender salmon will simply fall off of your cutlery, making your average midweek dinner that much better.

Pantry items

Olive Oil, Honey, Soy Sauce

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 · Air fryer

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
garlic	3 cloves	6 cloves
carrot	1	2
green beans	1 small packet	1 medium packet
honey*	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
sesame seeds	1 medium sachet	2 medium sachets
baby spinach leaves	1 small packet	1 medium packet
salmon	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2605kJ (623cal)	227kJ (54cal)
Protein (g)	38.1g	3.3g
Fat, total (g)	38g	3.3g
- saturated (g)	10.4g	0.9g
Carbohydrate (g)	32.3g	2.8g
- sugars (g)	25.2g	2.2g
Sodium (mg)	707mg	61.6mg
Dietary Fibre (g)	10.1g	0.9g

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 pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **pumpkin** into bite-sized chunks.
- Place **pumpkin** on a lined oven tray. Season with **salt** and drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: Peel the pumpkin if you prefer and scrape out the seeds, if necessary!



Get prepped

- Finely chop **garlic**.
- Thinly slice **carrot** into half-moons.
- Trim **green beans**.
- In a small bowl combine the **honey, soy sauce, sesame seeds** and half the **garlic**.



Cook the garlic veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **carrot, green beans** and a dash of **water** and cook, tossing, until just tender, **5-6 minutes**.
- Add remaining **garlic** and **baby spinach leaves** and cook until fragrant and wilted, **1 minute**. Season with a pinch of **salt** and **pepper**.
- Transfer **veggies** to a bowl and cover to keep warm.



Cook the salmon

- Meanwhile, set air fryer to **200°C**.
- Pat **salmon** dry with a paper towel and season both sides.
- Place **salmon** skin-side up into a foil-lined air fryer basket. Drizzle with **olive oil** and cook until just cooked through, **10-12 minutes**.

TIP: No air fryer? Return frying pan to medium-high heat with a drizzle of olive oil. Prepare salmon as above. When oil is hot, add salmon, skin-side down first, to the pan. Cook until almost cooked through, 2-4 minutes on each side (depending on thickness).



Glaze the salmon

- In the **last 2 minutes** of cook time, brush over **honey-sesame mixture** and cook until browned and sticky.

TIP: No air fryer? To pan, in the last minute of cook time, add glaze mixture to the pan and cook until bubbling, gently turning to coat.



Serve up

- Divide honey-sesame salmon, roast pumpkin and garlicky pan-fried greens between plates.
- Spoon any excess glaze over salmon to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



CUSTOM OPTIONS



SWAP TO BEEF RUMP

Thinly slice into strips. Cook as above, for 1-2 minutes.



DOUBLE SALMON

Follow method above, cooking in batches if necessary.

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

