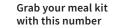


Soy & Ginger Sesame Salmon with Roast Veggie Toss

CLIMATE SUPERSTAR









Sweet Potato



Carrot









Baby Spinach Leaves

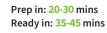
Garlic Aioli



Mixed Sesame Seeds







Eat Me Early





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.



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
beetroot	1	2
carrot	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)	2372kJ (567cal)	252kJ (60cal)
Protein (g)	35.7g	3.8g
Fat, total (g)	33.3g	3.5g
- saturated (g)	4.6g	0.5g
Carbohydrate (g)	31.7g	3.4g
- sugars (g)	21g	2.2g
Sodium (mg)	586mg	62.1mg
Dietary Fibre (g)	10.3g	1.1g

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, beetroot and carrot 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 toss between plates.
- Top with soy and ginger sesame salmon, spooning any remaining sauce from the pan over the salmon.
- · Sprinkle with mixed sesame seeds to serve. Enjoy!







if necessary.

