



Honey-Soy Salmon & Sweet Potato Toss

with Sesame Dressing

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Sweet Potato



Zucchini



Beetroot



Onion



Garlic



Salmon



Baby Spinach Leaves



Sesame Dressing



Chicken Breast



Salmon

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

Calorie Smart

Protein Rich

Eat Me Early

Around 45 minutes is all that's standing between you and this delectable low-cal dish. With the greatest of veggies in this roast veggie toss, you'll have the perfect base for tender salmon!

Pantry items

Olive Oil, Low Sodium Soy Sauce, Honey, 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	2	4
zucchini	1	2
beetroot	1	2
onion	1	2
garlic	3 cloves	6 cloves
low sodium soy sauce*	2 tbs	¼ cup
salmon	1 medium packet	2 medium packets OR 1 large packet
honey*	1 tbs	2 tbs
baby spinach leaves	1 small packet	1 medium packet
vinegar* (white wine or rice wine)	drizzle	drizzle
sesame dressing	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2476kJ (592cal)	420kJ (71cal)
Protein (g)	37.4g	6.3g
Fat, total (g)	26.2g	4.4g
- saturated (g)	4g	0.7g
Carbohydrate (g)	52.1g	8.8g
- sugars (g)	32.8g	5.6g
Sodium (mg)	775mg	131.6mg
Dietary Fibre (g)	12.9g	2.2g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** and **zucchini** into bite-sized chunks.
- Cut **beetroot** into small chunks.
- Cut **onion** into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Make the glaze

- Return frying pan to a medium heat with a drizzle of **olive oil**.
- Cook remaining **garlic** until fragrant, **1 minute**.
- Stir in the **honey** and remaining **low sodium soy sauce** and cook until slightly thickened, **1 minute**.



Flavour the roast veggies

- Meanwhile, finely chop **garlic**.
- In a small bowl, combine a drizzle of **olive oil**, half the **garlic** and half the **low sodium soy sauce**.
- Remove tray from oven, then pour **soy-garlic mixture** over veggies, tossing to coat.
- Return to oven and roast until browned, **5 minutes**.



Bring it altogether

- To tray with roast veggies, add **baby spinach leaves** and a drizzle of the **vinegar**.
- Toss to combine and season to taste.



Cook the salmon

- Meanwhile, pat **salmon** dry with a paper towel and season both sides.
- When the veggies have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.
- Transfer to serving bowls.

TIP: Patting the skin dry helps it crisp up in the pan!



Serve up

- Divide sweet potato veggie toss between bowls with salmon.
- Spoon the honey-soy glaze over the salmon.
- Drizzle over **sesame dressing** to serve. Enjoy!

CUSTOM OPTIONS

+ SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

↻ 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.

