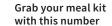


Honey-Soy Salmon & Konjac Noodle Stir-Fry with Veggies & Asian BBQ Sauce

CLIMATE SUPERSTAR













Capsicum

Brown Onion





Carrot





Asian BBQ Seasoning

Oyster Sauce





Prep in: 15-25 mins Ready in: 25-35 mins

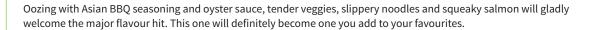
Eat Me Early







Protein Rich



Pantry items

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
honey*	1 tbs	2 tbs
soy sauce*	2 tbs	1/4 cup
vinegar* (white wine or rice wine)	½ tbs	1 tbs
salmon	1 medium packet	2 medium packets OR 1 large packet
konjac noodles	1 packet	2 packets
capsicum	1	2
brown onion	1	2
carrot	1	2
zucchini	1	2
Asian BBQ seasoning	1 sachet	2 sachets
oyster sauce	1 medium packet	1 large packet
water*	2 tbs	⅓ cup
brown sugar*	pinch	pinch
* D		

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1771kJ (423Cal)	379kJ (90Cal)
Protein (g)	32.1g	6.9g
Fat, total (g)	19.4g	4.2g
- saturated (g)	3.6g	0.8g
Carbohydrate (g)	30.3g	6.5g
- sugars (g)	22.7g	4.9g
Sodium (mg)	2466mg	528mg
Dietary Fibre (g)	5g	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.



Get prepped

- In a small bowl, combine the **honey**, **soy sauce** and **vinegar**. Set aside.
- Pat salmon dry with a paper towel and season both sides with salt and pepper.
- 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.
- Remove from pan heat, then add honey soy mixture, turning salmon to coat, 1 minute. Transfer to a plate and cover to keep warm.



Stir-fry the veggies

- Wipe out frying pan, then return to high heat with a drizzle of olive oil. Cook capsicum, onion, carrot and zucchini, tossing, until tender, 4-5 minutes.
- Reduce heat to medium, then add Asian BBQ seasoning, oyster sauce, the water and a pinch of brown sugar. Cook until slightly thickened,
 1-2 minutes
- Remove from heat, then stir through **konjac noodles**. Season to taste.

TIP: If your pan is getting crowded, cook in batches for the best results!



Get prepped

- Meanwhile, drain and rinse konjac noodles.
- Thinly slice capsicum and brown onion.
- Thinly slice carrot and zucchini into rounds.



Serve up

- Divide konjac noodle and veggie stir-fry between bowls.
- Top with honey-soy salmon to serve. Enjoy!





