



# Honey-Soy Salmon & Konjac Noodle Stir-Fry

with Veggies & Asian BBQ Sauce

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Salmon



Konjac Noodles



Capsicum



Brown Onion



Carrot



Zucchini



Asian BBQ Seasoning



Oyster Sauce



Salmon



Chicken Breast

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

Carb Smart

Protein Rich

Eat Me Early

Oozing with Asian BBQ seasoning and oyster sauce, tender veggies, slippery noodles and squeaky salmon will gladly welcome the major flavour hit. This one will definitely become one you add to your favourites.

### Pantry items

Olive Oil, Honey, Soy Sauce, Vinegar (White Wine or Rice Wine), Brown Sugar

## 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
<b>olive oil*</b>	refer to method	refer to method
<b>honey*</b>	1 tbs	2 tbs
<b>soy sauce*</b>	2 tbs	¼ cup
<b>vinegar*</b> (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
<b>water*</b>	2 tbs	¼ cup
<b>brown sugar*</b>	pinch	pinch

\*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](https://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 | CW52



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## 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.

3



## 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!

## CUSTOM OPTIONS



### DOUBLE SALMON

Follow method above, cooking in batches if necessary.



### SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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



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## Get prepped

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

4



## Serve up

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