



# Sesame-Crusted Salmon & Noodle Stir-Fry

with Mixed Veggies

NEW

Grab your meal kit with this number

6



Egg Noodles



Zucchini



Garlic



Brown Onion



Oyster Sauce



Sweet Chilli Sauce



Mixed Sesame Seeds



Salmon



Baby Spinach Leaves



Salmon



Chicken Tenderloins

Prep in: 15-20 mins  
Ready in: 25-35 mins

Protein Rich

Eat Me Early

We've proven time and time again that sometimes all you need is a stellar protein (a sesame-crusted salmon in today's case), tender veggies (zucchini and onion) and a delicious carb (egg noodles for the win!) to make a meal that you'll think about for years to come. We still see this one in our dreams!

### Pantry items

Olive Oil, Soy Sauce, 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
egg noodles	1 packet	2 packets
zucchini	1	2
garlic	2 cloves	4 cloves
brown onion	½	1
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	1 large packet
<b>water*</b>	⅓ cup	⅔ cup
<b>soy sauce*</b>	½ tbs	1 tbs
<b>vinegar*</b> (white wine or rice wine)	½ tsp	1 tsp
mixed sesame seeds	1 medium sachet	1 large sachet
salmon	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2914kJ (805cal)	805kJ (222cal)
Protein (g)	39.5g	10.9g
Fat, total (g)	28.5g	7.9g
- saturated (g)	4.9g	1.4g
Carbohydrate (g)	71g	19.6g
- sugars (g)	16.1g	4.4g
Sodium (mg)	1963mg	542.3mg
Dietary Fibre (g)	11.1g	3.1g

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://www.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

2025 | CW02



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## Cook the noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.

3



## Cook the salmon & bring it all together

- 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 a plate.
- Wipe out frying pan, then return to high heat with a drizzle of **olive oil**. Cook **onion** and **zucchini**, tossing, until tender, **4-5 minutes**. Add **garlic** and cook until fragrant, **1 minute**.
- Add **cooked egg noodles**, **baby spinach leaves** and **sauce mixture**, tossing until well combined, **1-2 minutes**. Season with **pepper**.

### CUSTOM OPTIONS



#### DOUBLE SALMON

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN TENDERLOINS

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

2



## Get prepped

- Meanwhile, thinly slice **zucchini** into half-moons. Finely chop **garlic**. Cut **brown onion** (see ingredients) into thin wedges.
- In a small bowl, combine **oyster sauce**, **sweet chilli sauce**, the **water**, **soy sauce** and **vinegar**.
- Spread **mixed sesame seeds** over a board or plate.
- Pat **salmon** dry with a paper towel, then drizzle with **olive oil** and season on both sides. Press **salmon** into **sesame seeds**, turning to coat.

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

4



## Finish & serve

- Divide noodle stir-fry between bowls.
- Top with sesame-crusted salmon to serve. Enjoy!

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

