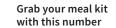


Honey-Soy Salmon & Konjac Noodle Stir-Fry with Veggies & Asian BBQ Sauce

CLIMATE SUPERSTAR









Capsicum

Brown Onion



Carrot







Asian BBQ Seasoning

Oyster Sauce







Eat Me Early





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	⅓ 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
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1880kJ (449cal)	402kJ (86cal)
Protein (g)	31.6g	6.8g
Fat, total (g)	23.2g	5g
- saturated (g)	4.7g	1g
Carbohydrate (g)	29.1g	6.2g
- sugars (g)	22.9g	4.9g
Sodium (mg)	2464mg	526.5mg
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

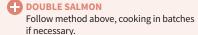
- Meanwhile, drain and rinse konjac noodles.
- Thinly slice capsicum and brown onion.
- Thinly slice carrot and zucchini into rounds.



Finish & serve

- Divide konjac noodle and veggie stir-fry between bowls.
- · Top with honey-soy 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.

