



# Glazed Salmon & Seeded Roast Pumpkin

with Apple Salad

NEW

Grab your meal kit with this number

6



### Recipe Update

We've replaced the cucumber in this recipe with green apple due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Pumpkin



Everything Garnish



Salmon



Green Apple



Tomato



Mixed Salad Leaves



Crumbed Basa



Salmon

Prep in: 15-25 mins  
Ready in: 30-40 mins

Carb Smart

Protein Rich

Eat Me Early

You've now arrived at flavour central, the hub where we serve only the tastiest dishes from our hearts to your homes. This soy-glazed salmon is proof of this mega flavour and these seeded roast pumpkin wedges are truly divine.

### Pantry items

Olive Oil, 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
<b>olive oil*</b>	refer to method	refer to method
pumpkin	1 medium	1 large
everything garnish	1 sachet	2 sachets
<b>soy sauce*</b>	1 tbs	2 tbs
<b>honey*</b>	1 tbs	2 tbs
<b>vinegar*</b> (white wine or rice wine)	½ tbs	1 tbs
salmon	1 medium packet	2 medium packets OR 1 large packet
green apple	1	2
tomato	1	2
mixed salad leaves	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2290kJ (547cal)	398kJ (69cal)
Protein (g)	37.3g	6.5g
Fat, total (g)	32.9g	5.7g
- saturated (g)	6g	1g
Carbohydrate (g)	25.6g	4.5g
- sugars (g)	18.2g	3.2g
Sodium (mg)	639mg	111.1mg
Dietary Fibre (g)	7.1g	1.2g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **pumpkin** into 1 cm-thick wedges.
- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.
- Remove from oven, then sprinkle with **everything garnish** to coat.

**TIP:** Peel the pumpkin if you prefer and scrape out the seeds, if necessary!

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## Make the salad

- Meanwhile, thinly slice **green apple** into wedges.
- Roughly chop **tomato**.
- In a large bowl, combine **apple, tomato, mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.

2



## Cook the salmon

- In a small bowl, combine the **soy sauce, honey** and **vinegar**.
- Pat **salmon** dry with paper towel and season both sides.
- When the pumpkin has **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.
- Remove from heat and add the **honey-soy mixture**, turning **salmon** to coat.

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

4



## Finish & serve

- Divide glazed salmon, seeded roast pumpkin and apple salad between plates.
- Spoon over any remaining glaze to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



### CUSTOM OPTIONS



#### SWAP TO CRUMBED BASA

Toss with olive oil and salt. Add to oven tray with pumpkin and roast until tender, 20-25 minutes.



#### 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.

