



# Asian-Glazed Salmon with Veggie-Noodle Toss

**FRESH & FAST** Box to plate: 15 mins Eat me first

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 3400kJ (812Cal) | Protein 42.5g | Fat, total 45.2g - saturated 7.9g | Carbohydrate 55.1g - sugars 14.7g | Sodium 1779mg

Contact us | [hello@hellofresh.com.au](mailto:hello@hellofresh.com.au)  
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# Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You'll need (along with the basics)



Medium Frying Pan

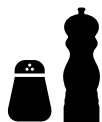


Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Salmon	1 pkt	2 pkts
Slaw Mix	1 bag (200g)	1 bag (400g)
Japanese Dressing	1 tub (60g)	2 tubs (120g)

## 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. Sizzle



Salmon



Oyster Sauce

## 2. Toss



Cucumber



Lime



Slaw Mix



Japanese Dressing

## 3. Zap



Flat Noodles



Crushed Peanuts

- Heat **olive oil** in a medium frying pan over medium-high heat
- Cook **salmon**, skin-side down first, until just cooked through, **3-4 mins** each side
- Remove from heat, add **oyster sauce** and turn to coat

- Meanwhile, thinly slice **cucumber**
- Cut **lime** into wedges
- Combine **slaw**, **dressing** and a **good squeeze** of **lime juice** in a bowl

- Pierce **noodle packet** and zap in microwave until steaming, **2 mins**
- Combine **noodles** and **slaw** in bowl
- Toss
- Plate up **noodles**, **salmon**, **cucumber** and extra **lime** wedges
- Garnish with **peanuts** to serve

