



# Asian Glazed Salmon with Sichuan Noodle Slaw & Peanuts

FRESH & FAST

Box to plate: 15 mins

Eat Me First

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 3182kJ (761Cal) | Protein 43.9g | Fat, total 35g - saturated 6.1g | Carbohydrate 60.4g - sugars 20.2g | Sodium 2110mg  
The quantities provided above are averages only.

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2023 | WK19 | W





# 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

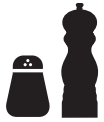


Medium Saucepan

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Salmon	1 small pkt	1 large pkt
Slaw Mix	1 small bag	1 large bag
Sichuan Garlic Paste	1 pkt	2 pkts

## 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

- Heat **olive oil** in a frying pan over medium-high heat
- Pat **salmon** dry with paper towel
- Cook **salmon**, skin-side down first, until just cooked through, **3-4 mins** each side
- Remove from heat, then add **oyster sauce**, turning **salmon** to coat



## 2. Chop



Cucumber



Lime



Slaw Mix



Sichuan Garlic Paste

- Meanwhile, thinly slice **cucumber**
- Cut **lime** into wedges
- Boil the kettle
- In a bowl, combine **slaw**, **Sichuan garlic paste** and a drizzle of **olive oil**



## 3. Serve



Udon Leaves



Crushed Peanuts

- Half-fill a medium saucepan with boiling water
- Cook **udon noodles** over medium-high heat until tender, **3-4 mins**. In the **last min**, gently stir **noodles** with a fork to separate. Drain, rinse and set aside
- Toss **noodles** through the slaw
- Plate up **salmon**, **noodle slaw** and **cucumber**. Squeeze over **lime juice**
- Sprinkle with **peanuts**. Serve with any remaining **lime** wedges



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