



Honey-Soy Salmon

with Roast Veggie Salad & Ginger Aioli

Grab your Meal Kit with this symbol



Potato



Carrot



Zucchini



Ginger Paste



Salmon



Mixed Salad Leaves



Garlic Aioli

Hands-on: **20-30 mins**
 Ready in: **30-40 mins**
Naturally gluten-free
Not suitable for Coeliacs

Eat me first
 Carb Smart

Around 30 minutes is all that's standing between you and this delectable low-carb dish. There are three simple components: roasted veggies, salad and salmon with an irresistible glaze, and they come together in perfection. You've got this!

Pantry items

Olive Oil, Honey, Soy Sauce (or Gluten-Free Tamari Soy Sauce), White Wine Vinegar

Before you start

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 will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
zucchini	1	2
ginger paste	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
soy sauce* (or gluten-free tamari soy sauce)	2 tbs	¼ cup
water*	1 tbs	2 tbs
salmon	1 packet	2 packets
mixed salad leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2691kJ (643Cal)	506kJ (120Cal)
Protein (g)	34g	6.4g
Fat, total (g)	42.6g	8g
- saturated (g)	6.7g	1.3g
Carbohydrate (g)	28.8g	5.4g
- sugars (g)	15.8g	3g
Sodium (mg)	868mg	163mg
Dietary Fibre (g)	10.4g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** and **carrot** into small chunks. Thinly slice the **zucchini** into half-moons.



Roast the veggies

Place the **potato**, **carrot** and **zucchini** onto a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Make the honey-soy mixture

While the veggies are roasting, combine the **ginger paste**, **honey**, **soy sauce**, **water** and a pinch of **pepper** in a small bowl. Pat the **salmon** dry and season both sides.



Cook the salmon

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness). With **1 minute** remaining on the **salmon**, add the **honey-soy mixture** to the pan. Simmer, until slightly thickened, **30 seconds**.



Finish the veggies

While the salmon is cooking, combine the **roasted veggies**, **mixed salad leaves** and a drizzle of **white wine vinegar** in a large bowl. Season to taste.



Serve up

Divide the honey-soy salmon and roast veggie salad between plates. Pour over any glaze from the pan. Serve with the **garlic aioli**.

Enjoy!