



# Soy & Ginger Salmon

with Roast Veggie Salad & Sesame Seeds

Grab your Meal Kit with this symbol



Potato



Carrot



Zucchini



Garlic



Ginger Paste



Sesame Seeds



Salmon



Baby Spinach Leaves



Garlic Aioli

Hands-on: **20-30 mins**  
 Ready in: **35-45 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

Carb Smart  
 Eat Me First

Take crispy-skinned salmon to the next level with our irresistible mix of soy and ginger. Teamed with a hearty roast veggie salad, no one would know this is a low carb dish.

### Pantry items

Olive Oil, Soy Sauce (or Gluten Free Tamari Soy Sauce), Brown Sugar, 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
garlic	1 clove	2 cloves
ginger paste	1 medium packet	1 large packet
soy sauce* (or gluten free tamari soy sauce)	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
white wine vinegar*	drizzle	drizzle
sesame seeds	1 medium packet	1 large packet
salmon	1 small packet	1 large packet
baby spinach leaves	1 medium bag (60g)	1 large bag (120g)
garlic aioli	½ packet (25g)	1 packet (50g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3165kJ (756Cal)	571kJ (136Cal)
Protein (g)	33.5g	6g
Fat, total (g)	39.6g	7.1g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	64.4g	11.6g
- sugars (g)	24.5g	4.4g
Sodium (mg)	1971mg	356mg
Dietary Fibre	5.3g	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the veggies

Preheat the oven to **220°C/200°C fan forced**. Cut the **potato**, **carrot** and **zucchini** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **25-30 minutes**.



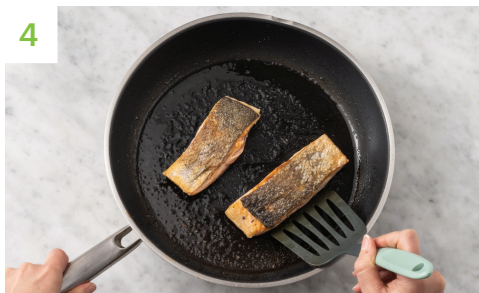
## Get prepped

While the veggies are roasting, finely chop the **garlic**. In a jug, combine the **ginger paste**, **garlic**, **soy sauce**, **brown sugar** and **white wine vinegar**.



## Toast the sesame seeds

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Set aside in a small bowl.



## Cook the salmon

When the veggies have **10 minutes** remaining, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Pat the **salmon** dry with paper towel, then season both sides. When the oil is hot, add the **salmon**, skin-side down, and cook until just cooked through, **2-4 minutes** each side (depending on thickness).

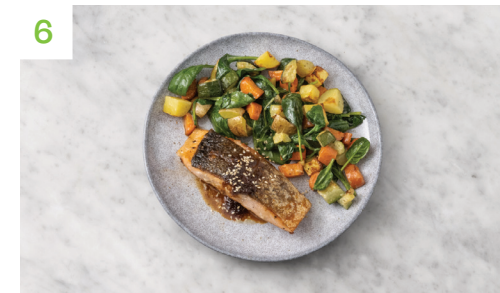
**TIP:** *Patting the salmon skin dry helps it crisp up in the pan!*



## Add the flavour

Remove the frying pan from the heat. Add the **soy-ginger mix**, carefully turning the **salmon** in the sauce until well coated. To the oven tray with the **roast veggies**, add the **baby spinach leaves** and **garlic aioli** (see ingredients). Toss to combine, then season to taste.

**TIP:** *The residual heat in the pan will cook the sauce!*



## Serve up

Divide the soy and ginger salmon and roast veggie salad between plates. Spoon any remaining pan juices over the salmon. Sprinkle the sesame seeds over the salmon to serve.

## Enjoy!

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