



Soy & Ginger Salmon

with Roasted Veggie Salad & Sesame Seeds

Grab your Meal Kit with this symbol



Potato



Carrot



Zucchini



Ginger



Garlic



Lime



Sesame Seeds



Salmon



Baby Spinach Leaves



Garlic Aioli

Hands-on: 20-30 mins
Ready in: 35-45 mins

Carb Smart

Eat me first

Take crispy-skinned salmon to the next level with our irresistible mix of soy and ginger. Teamed with a roasted veggie salad, this meat and three veg meal is a low-carb winner everyone will love!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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	1 knob	2 knobs
garlic	1 clove	2 cloves
lime	½	1
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
sesame seeds	1 sachet	2 sachets
salmon	1 packet	2 packets
baby spinach leaves	1 bag (60g)	1 bag (120g)
garlic aioli	½ packet (25g)	1 packet (50g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2632kJ (629Cal)	482kJ (115Cal)
Protein (g)	35.8g	6.6g
Fat, total (g)	41g	7.5g
- saturated (g)	7g	1.3g
Carbohydrate (g)	25.4g	4.7g
- sugars (g)	12g	2.2g
Sodium (mg)	593mg	109mg
Dietary fibre (g)	10.7g	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://www.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** (unpeeled), **carrot** and **zucchini** into 2cm chunks. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **25-30 minutes**.



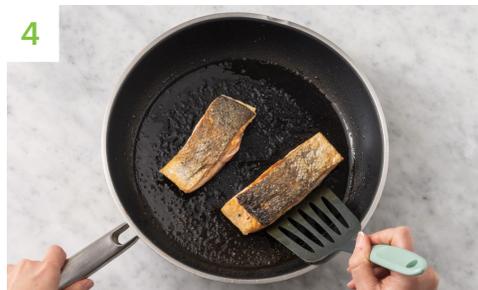
Get prepped

While the veggies are roasting, grate the **ginger** (unpeeled). Finely chop the **garlic**. Zest the **lime** to get a generous pinch, then slice in half. In a small bowl, combine the **ginger, garlic, lime zest, lime juice, soy sauce** and **brown sugar**.



Toast the sesame seeds

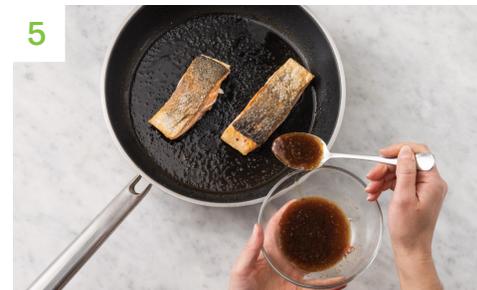
Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



Cook the salmon

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

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



Add the flavour

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



Serve up

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

Enjoy!