



Thai Spiced Salmon & Roast Pumpkin Wedges

with Cucumber Salad & Sweet Chilli Lemon Dressing

Grab your Meal Kit with this symbol



Peeled Pumpkin Wedges



Thai Seven Spice Blend



Garlic



Lemon



Cucumber



Sweet Chilli Sauce



Mixed Salad Leaves



Akaroa Salmon

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

Calorie Smart

Eat Me First

Bursting with bold Thai-inspired flavours and vibrant pumpkin, this surprisingly simple, yet premium salmon dish is not your average weeknight meal.

Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar, 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
peeled pumpkin wedges	1 bag (400g)	1 bag (800g)
Thai seven spice blend	1 sachet	1 sachet
garlic	2 cloves	4 cloves
lemon	½	1
soy sauce*	1 tsp	2 tsp
rice wine vinegar*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
cucumber	1 (medium)	1 (large)
sweet chilli sauce	1 packet (25g)	1 packet (50g)
water*	1 tbs	2 tbs
mixed salad leaves	1 bag (60g)	1 bag (120g)
Akaroa salmon	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2045kJ (489Cal)	402kJ (96Cal)
Protein (g)	32.9g	6.5g
Fat, total (g)	25g	4.9g
- saturated (g)	6.5g	1.3g
Carbohydrate (g)	29.9g	5.9g
- sugars (g)	16.6g	3.3g
Sodium (mg)	667mg	131mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Riesling or Chardonnay



Roast the pumpkin wedges

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled pumpkin wedges** on a lined oven tray. Drizzle with **olive oil**, sprinkle with the **Thai seven spice blend** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **15-20 minutes**.



Make the marinade

While the pumpkin is roasting, finely chop the **garlic**. Zest the **lemon** to get a good pinch, then cut into wedges. In a small bowl, combine the **garlic, lemon zest, soy sauce, rice wine vinegar** and **brown sugar**. Set aside.



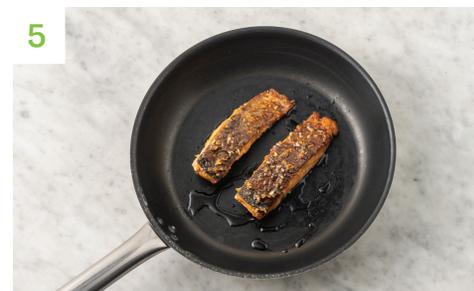
Get prepped

Thinly slice the **cucumber** into rounds. In a second small bowl, combine the **sweet chilli sauce**, the **water** and a generous squeeze of **lemon juice**. Season and set aside.



Prep the salad

In a medium bowl, add a drizzle of **olive oil** and season. Add the **cucumber** and **mixed salad leaves**. Set aside.



Cook the salmon

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **Akaroa salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness). In the last **1-2 minutes** of cook time, add the **garlic-soy marinade** to the pan and cook until slightly reduced, gently turning the salmon to coat.



Serve up

Toss the salad. Divide the roasted pumpkin wedges and cucumber salad between plates. Top with the Thai spiced salmon. Spoon over any remaining glaze from the pan. Drizzle over the sweet chilli lemon dressing. Serve with any remaining lemon wedges.

Enjoy!