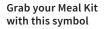


Miso-Glazed Salmon & Roast Pumpkin Medley

with Crispy Shallots

EXPLORER

DIETITIAN APPROVED











Peeled Pumpkin



Pieces







Salmon





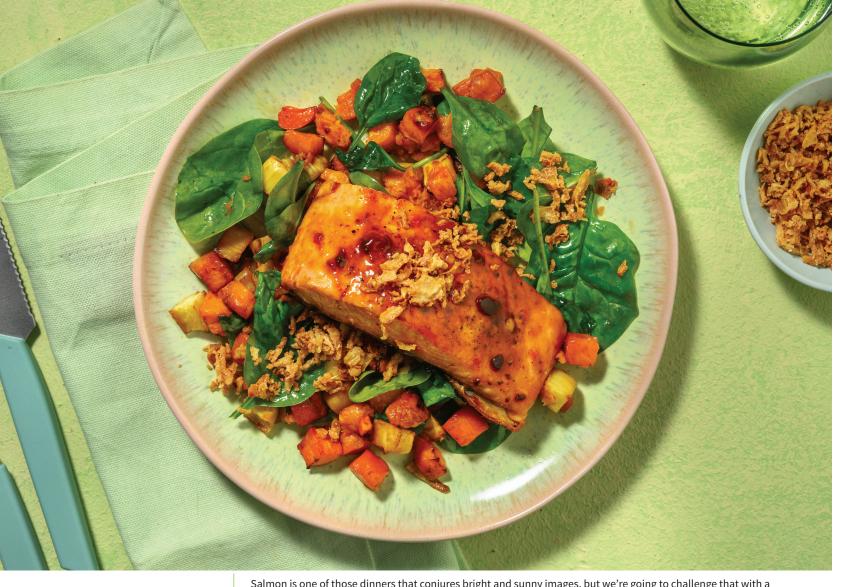
Sweet Chilli

Baby Spinach



Crispy Shallots





Prep in: 20-30 mins Ready in: 30-40 mins

Carb Smart



Salmon is one of those dinners that conjures bright and sunny images, but we're going to challenge that with a dark miso glaze and a roasted pumpkin salad to add that crisp pop of flavour. It's a new era of salmon that we are all here for.

Pantry items Olive Oil, Soy Sauce

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
parsnip	1	2
carrot	1	2
peeled pumpkin pieces	1 bag (200g)	1 bag (400g)
garlic	2 cloves	4 cloves
soy sauce*	½ tbs	1 tbs
salmon	1 packet	2 packets
miso paste	½ packet (20g)	1 packet (40g)
sweet chilli sauce	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2298kJ (549Cal)	511kJ (122Cal)
Protein (g)	33.5g	7.5g
Fat, total (g)	31.4g	7g
- saturated (g)	6.6g	1.5g
Carbohydrate (g)	34.1g	7.6g
- sugars (g)	19g	4.2g
Sodium (mg)	932mg	207mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1753kJ (419Cal)	373kJ (89Cal)
Protein (g)	38g	8.1g
Fat, total (g)	14.7g	3.1g
- saturated (g)	4.1g	0.9g
Carbohydrate (g)	34.1g	7.3g
- sugars (g)	19g	4g
Sodium (mg)	966mg	206mg

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
 Cut parsnip and carrot into bite-sized chunks.
- Place veggies and peeled pumpkin pieces on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Spread out evenly, then roast until tender, 20-25 minutes.
- Meanwhile, finely chop garlic. In a small bowl, combine garlic, the soy sauce and a drizzle of olive oil.
- When the veggies have 5 minutes remaining, pour the soy-garlic mixture over the veggies.
 Return the tray to the oven and roast until tender and caramelised.



Prep the salmon

• Meanwhile, pat **salmon** dry with paper towel and season both sides.

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

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks.



Cook the salmon

- When the veggies have 10 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.

Custom Recipe: Heat the frying pan as above. Cook chicken until cooked through, 3-5 minutes each side. Transfer to a paper towel-lined plate.



Make the glaze

- Wipe out the frying pan, then return to medium heat. Cook miso paste (see ingredients), sweet chilli sauce and a splash of water until slightly thickened, 1 minute.
- Return **salmon** to the pan and gently turn to coat.

Custom Recipe: Make the glaze as above. Return chicken to the pan and turn to coat.



Bring it all together

 When the veggies are done, remove tray from oven, then add **baby spinach leaves**. Season to taste and gently toss to combine.



Serve up

- · Divide roast pumpkin medley between plates.
- Top with miso-glazed salmon. Spoon over any remaining glaze from the pan.
- Garnish with **crispy shallots** to serve. Enjoy!

Custom Recipe: Slice miso-glazed chicken. Top pumpkin medley with chicken, spooning over any remaining glaze from the pan.



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