



# Miso-Glazed Salmon & Roast Pumpkin Medley with Crispy Shallots

EXPLORER

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Parsnip



Carrot



Peeled Pumpkin Pieces



Garlic



Salmon



Miso Paste



Sweet Chilli Sauce



Baby Spinach Leaves



Crispy Shallots



Chicken Breast

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

Eat Me Early

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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
<b>olive oil*</b>	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
<b>soy sauce*</b>	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW28



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## 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.

4



## 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.

2



## 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.

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## 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.

3



## 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.

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## 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.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)