

Quick Sweet Chilli Fish & Creamy Asian Slaw

with Peanuts & Mint

Grab your meal kit with this number

17



Cucumber



Lemon



Salmon



Sweet Soy Seasoning



Sweet Chilli Sauce



Asian Slaw Mix



Baby Leaves



Mayonnaise



Crushed Peanuts



Mint



Chicken Breast



Salmon

Prep in: 15-25 mins
Ready in: 15-25 mins

Carb Smart

Eat Me First

We're doing fish with zap and zest tonight. Indulge in the pops of flavour when you take a bite of these salmon fillets glazed in a sweet chilli sauce. A fresh slaw, creamy with mayo, rounds it off. Include a garnish of mint to the slaw and a scattering of peanuts to the fish to really complete this blissful experience.

Pantry items

Olive Oil, Sesame Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 medium	1 large
lemon	½	1
salmon	1 packet	2 packets
sweet soy seasoning	2 sachets	4 sachets
sweet chilli sauce	1 medium packet	1 large packet
Asian slaw mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
mayonnaise	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
crushed peanuts	1 packet	2 packets
mint	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1865kJ (446cal)	212kJ (51cal)
Protein (g)	23.1g	2.6g
Fat, total (g)	26.3g	3g
- saturated (g)	4.3g	0.5g
Carbohydrate (g)	25.5g	2.9g
- sugars (g)	21.2g	2.4g
Sodium (mg)	792mg	90mg
Dietary Fibre (g)	7.6g	0.9g

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.

1



Get prepped

- Thinly slice **cucumber** into half-moons. Slice **lemon** into wedges.
- Pat **salmon** dry with paper towel.
- In a medium bowl, combine **sweet soy seasoning** and a drizzle of **olive oil**. Add **salmon** and gently turn to coat.

3



Make the slaw

- In a large bowl, combine **Asian slaw mix**, **cucumber**, **baby leaves**, **mayonnaise**, the **sesame oil**, a squeeze of **lemon juice** and a pinch of **salt**.

2



Cook the salmon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.
- Remove pan from heat, then add **sweet chilli sauce** and a squeeze of **lemon juice**. Gently turn **salmon** to coat.

4



Serve up

- Divide Asian slaw between bowls.
- Top with sweet chilli fish, along with any remaining glaze.
- Sprinkle over **crushed peanuts** and tear over **mint** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



DOUBLE SALMON

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

