



SWEET CHILLI GLAZED SALMON

with Creamy Slaw & Sesame Fries



Glaze salmon with sweet chilli sauce



Potato



Mixed Sesame Seeds



Salmon



Mayonnaise



Coriander



Slaw Mix



Sweet Chilli Sauce

Hands-on: **20** mins
Ready in: **35** mins

Naturally gluten-free
Not suitable for Coeliacs

Eat me first

Low calorie

You're going to fall hook, line and sinker for this deliciously simple dinner. Start by coating potato fries in sesame seeds, then toss a slaw mix with Japanese-style mayo while they're in the oven and pan-fry the salmon with sweet chilli sauce. Too easy!

Pantry Staples: Olive Oil, Soy Sauce (Or Gluten-Free Tamari Soy Sauce)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan**



1 BAKE THE SESAME FRIES

Preheat the oven to **220°C/200°C fan-forced**. Slice the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Reserve a large **pinch** of the **mixed sesame seeds**, then sprinkle the remainder over the fries. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **25-30 minutes**.

TIP: Cut the potato to the correct size to ensure it cooks in the allocated time.



2 PREP THE SALMON

While the fries are baking, pat the **salmon** dry with paper towel and season both sides with a **pinch** of **salt** and **pepper**.

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



3 MAKE THE SLAW DRESSING

In a medium bowl, combine the **soy sauce**, **mayonnaise** and a **pinch** of **salt** and **pepper**. Roughly chop the **coriander**.



4 DRESS THE SLAW

To the bowl with the dressing, add the **slaw mix**, **coriander** and the **reserved sesame seeds**. Toss to combine.



5 COOK THE SALMON

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **salmon** to the pan, skin-side down, and cook until just cooked through, **2-4 minutes** each side (depending on thickness). Remove from the heat and add the **sweet chilli sauce**.



6 SERVE UP

Divide the sesame fries and sweet chilli salmon between plates. Spoon over any sweet chilli sauce remaining in the pan. Serve with the creamy slaw.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 sachet	2 sachets
salmon	1 packet	1 packet
soy sauce* (or gluten-free tamari soy sauce)	½ tsp	1 tsp
mayonnaise	1 tub (40 g)	2 tubs (80 g)
coriander	1 bag	1 bag
slaw mix	1 bag (150 g)	1 bag (300 g)
sweet chilli sauce	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2240kJ (534Cal)	474kJ (113Cal)
Protein (g)	35.6g	7.6g
Fat, total (g)	24.0g	5.1g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	40.3g	8.5g
- sugars (g)	13.9g	2.9g
Sodium (g)	509mg	108mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2019 | WK39