

Simple Honey Glazed Salmon

with Wasabi Cucumber and Green Bean Salad

hellóchef

Enjoy this fresh explosion of flavours, Asian style!

Cals 472 • Prot 43 • Carbs 33 • Fat 21

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 25 min

R2481



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salmon	2 ppl	3 ppl	4 ppl	
Skinless salmon fillet 6*	350	525	700	Grams
Honey	15	15	30	Grams
Chinese 5 spice	2	2	2	Grams
Salt	1	1	2	Tsp
Sweet soy sauce 9*, 10*, 11*, 14*	15	15	20	ML
Salad				
Cucumber	2	3	4	Piece
Fresh coriander	15	15	15	Grams
Green beans	250	375	500	Grams
Salt	0.5	1	1	Tsp
Dressing				
Rice vinegar	15	22	30	ML
Sesame oil 3*, 9*	15	22	30	ML
Wasabi 13*	2	4	4	Grams
Soy sauce 9*, 10*, 11*	10	20	20	ML
Lime	1	2	2	Piece
To serve				
Sesame seeds 3*	10	15	20	Grams

Allergens

*6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds, *13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	1975 / 472
Fat (g)	20.5
of which saturates (g)	4.6
Carbohydrate (g)	33
of which sugars (g)	17.2
Fiber (g)	6.1
Protein (g)	43.1
Salt (g)	1.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Bake salmon

Preheat the oven to 200°C/180°C fan. Portion the **salmon**. Place the **salmon** in a baking dish. In a bowl, whisk the **honey** with a pinch of **Chinese 5 spice**, the **salt** and **sweet soy sauce**. Drizzle over the **salmon**. Bake for 15 min or until cooked through.



2 Prep salad

Meanwhile, slice the **cucumber** thinly. Chop the **fresh coriander**.



3 Boil green beans

Trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked.



4 Dressing

Meanwhile, in a bowl, whisk the **rice vinegar, sesame oil, wasabi** and **soy sauce** with {1/2/2} tbsps of **lime** juice.



5 Serve

Toss the **cucumber, coriander** and **green beans** in the **dressing**. Serve the **salmon** with the **salad** on the side. Garnish with the **sesame seeds**.

Tip! Toast the sesame seeds for 2 min in a hot, dry pan.