Asian Salmon Salad

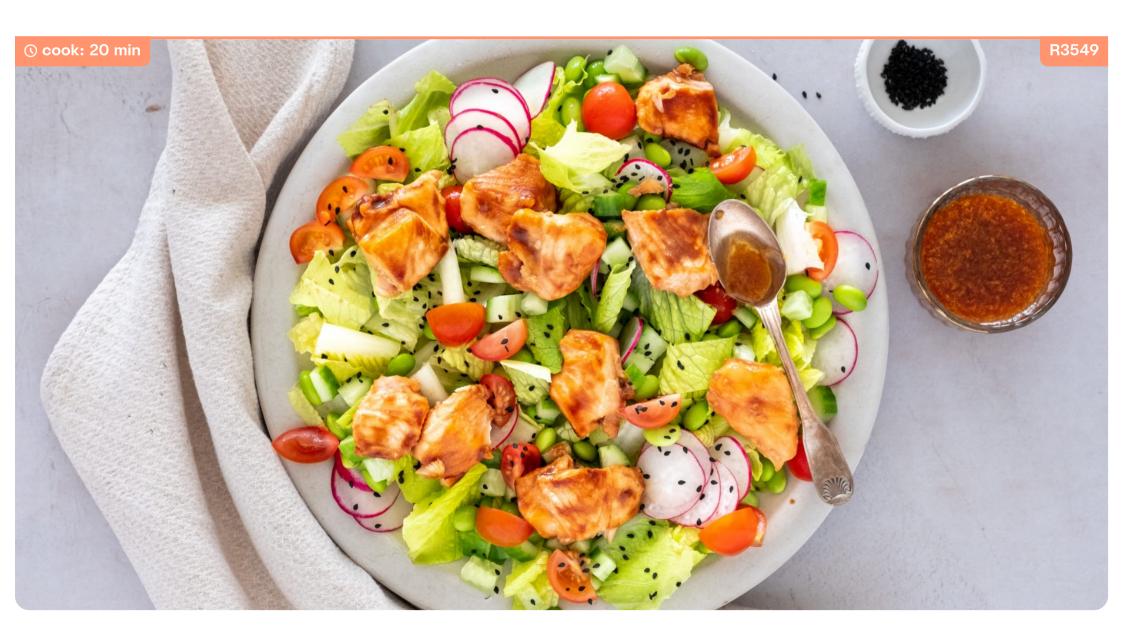
with Ginger Sesame Dressing

This salad is made with teriyaki coated salmon and a dressing packed full of Asian flavours!

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Cals 506 • Prot 49 • Carbs 29 • Fat 23

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Before you start

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

Ingredients

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Salmon	2 ppl	3 ppl	4 ppl	
Salmon cubes 6*	350	525	700	Grams
Tamari 9 *	15	22	30	ML
Oyster sauce 8*, 10*	20	30	40	Grams
Brown sugar	5	10	10	Grams
Salad				
Cherry tomatoes	150	250	300	Grams
Cucumber	1	2	2	Piece
Romaine lettuce	200	300	400	Grams
Red radish	125	125	250	Grams
Edamame beans 9*	100	150	200	Grams
Dressing				
Garlic paste	10	15	20	Grams
Ginger paste	10	15	20	Grams
Soy sauce 9*, 10*, 11*	10	20	20	ML
Rice vinegar	15	22	30	ML
Sesame oil 3*, 9*	15	22	30	ML
Olive oil	1	1	2	Tbsp
Honey	15	15	30	Grams
Black sesame seeds 3*	10	15	20	Grams



1 Roast salmon

Preheat the oven to 220°C/200°C fan. In a baking dish, combine the **tamari** and **oyster sauce** with the **brown sugar**. This is your **teriyaki glaze**. Add the **salmon cubes** to the baking dish and mix until coated. Bake for 10 min or until cooked through.

Tip! Marinate the salmon up to 24 hours in advance.



2 Make dressing

Meanwhile, add the soy sauce, rice vinegar, sesame oil, olive oil, garlic paste, ginger paste and honey. Mix well. This is your dressing into a large bowl.

Tip! Not keen on raw garlic? Go easy!



3 Prep vegetables

Halve the **tomatoes**. Chop the **cucumbers** into small cubes. Roughly chop the **lettuce**. Slice the **radishes**.



*6 Fish, *9 Soya, *8 Molluscs, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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* 2118 / 506 Energy (kJ/kcal) Fat (g) 23 of which saturates (g) 4.7 Carbohydrate (g) 29 of which sugars (g) 16.5 7.7 Fiber (g) 48.7 Protein (g) Salt (g) 4.3

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



4 Assemble salad

Add the **lettuce**, **tomatoes**, **cucumber**, **edamame** and **radishes** to the **dressing**. Toss well.



5 Serve

Divide the **salad** amongst shallow bowls. Top with the **teriyaki salmon** and garnish with the **sesame seeds**.