

Asian Salmon Salad

with Ginger Sesame Dressing

hellóchef

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

Cals 506 • Prot 49 • Carbs 29 • Fat 23

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



🕒 cook: 20 min

R3549

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	
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

Allergens

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



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**.



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**.