



# SWEET SOY-GLAZED SALMON & KALE SALAD

**FAST & FRESH**

Cabbage, Pickled Veggies & Peanuts

BOX TO PLATE: 15 MINUTES

HELLO

## FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

## BUST OUT

- Paper towels
- Plastic wrap
- Large pan
- Large bowl
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (1/2 tsp | 1 tsp)
- Olive oil (2 tsp | 2 tsp)



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



## GET SOCIAL

Share your #HelloFreshPics  
with us @HelloFresh

(646) 846-3663  
HelloFresh.com



CALORIES: 720

### 1 SIZZLE



**10 oz | 20 oz**  
Salmon  
Contains: Fish



**4 TBSP | 8 TBSP**  
Sweet Soy Glaze  
Contains: Sesame, Soy, Wheat

- Wash and dry produce.
- Pat **salmon\*** dry; season all over with **salt** and **pepper**.
- Drizzle **oil** in a hot large pan. Cook **salmon**, skin sides down, until skin is crisp, 5-7 minutes. Flip; cook until cooked through, 1-2 minutes more. Transfer to a plate and drizzle with as much **sweet soy glaze** as you like. **TIP: While salmon cooks, move to Step 2!**



### 2 ZAP



**1 | 2**  
Red Onion



**4 oz | 8 oz**  
Shredded Carrots



**5 tsp | 10 tsp**  
Rice Wine Vinegar

- Thinly slice **onion**.
- In a small microwave-safe bowl, mix **onion, shredded carrots, vinegar, ½ tsp sugar (1 tsp for 4), salt, and pepper**. Cover with plastic wrap; microwave for 1-2 minutes.
- Set aside to pickle, tossing occasionally.



### 3 MIX



**4 oz | 8 oz**  
Kale



**4 oz | 8 oz**  
Coleslaw Mix



**1.5 oz | 3 oz**  
Sesame Dressing  
Contains: Sesame, Soy, Wheat

- Remove and discard any large stems from **kale**; chop if desired. Place in a large bowl; using your hands, massage **kale** with a **large drizzle of olive oil** until leaves are tender, 1 minute.
- Add **coleslaw mix** to bowl with **kale**. Season with **salt** and **pepper**.
- Add **1 tsp veggie pickling liquid (2 tsp for 4)** and as much **sesame dressing** as you like; toss to combine.



### 4 SERVE



**½ oz | 1 oz**  
Peanuts  
Contains: Peanuts

- Top **salad** with **glazed salmon** and as many **pickled veggies (draining first)** as you like. Sprinkle with **peanuts** and serve. **TIP: If you have extra time, toast your peanuts!**



\*Salmon is fully cooked when internal temperature reaches 145°.