



Carb Smart Thai-Inspired Salmon Salad

with Edamame and Peanut Sauce

Carb Smart

Quick

25 Minutes



-  Salmon Fillets, skinless
-  Carrot
-  Lime
-  Green Onions
-  Edamame
-  Peanut Butter
-  Baby Spinach
-  Soy Sauce
-  Thai Seasoning

HELLO LIME ZEST

Punch up the flavour of this salad with a sprinkle of lime zest!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, vegetable peeler, measuring spoons, zester, box grater, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Carrot	85 g	170 g
Lime	1	2
Green Onions	1	2
Edamame	113 g	226 g
Peanut Butter	1 ½ tbsp	3 tbsp
Baby Spinach	113 g	227 g
Soy Sauce	1 ½ tsp	3 tsp
Thai Seasoning	1 tbsp	2 tbsp
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep and make peanut sauce

Peel, then grate **half the carrot** (whole carrot for 4 ppl). Thinly slice **green onions**. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Whisk together **peanut butter** and **2 tbsp warm water** (dbl for 4 ppl) in a medium bowl until smooth. Add **soy sauce**, **half the lime juice** and **half the Thai Seasoning**. Season with **pepper**, then whisk to combine.



Cook salmon

Pat **salmon** dry with paper towels. Season with **salt**, **pepper** and **remaining Thai Seasoning**. Heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry, until golden-brown and cooked through, 3-4 min per side. **



Marinate carrots

Add **carrots**, **lime zest**, **remaining lime juice** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then toss to combine. Set aside.



Make salad

Add **spinach** to the large bowl with **carrots** and **edamame**. Toss to combine.



Cook edamame

Heat a large non-stick pan over medium heat. When hot, add **edamame** and **1 tbsp water** (dbl for 4 ppl) to the dry pan. Cook, stirring occasionally, until **water** is absorbed and **edamame** are lightly charred, 5-6 min. Season with **pepper**, then transfer to the large bowl with **carrots**.



Finish and serve

Divide **salad** between plates. Top with **salmon**. Drizzle with **peanut sauce** and sprinkle **green onions** over top. Squeeze over a **lime wedge**, if desired.

Dinner Solved!