



SESAME-CRUSTED SALMON

with Green Beans and Soy Soba Noodles

PRONTO



HELLO

SOBA NOODLES

Are made of buckwheat and can be eaten hot or cold!

TIME: 30 MIN



Salmon Fillets, skinless



Black Sesame Seeds



Sesame Seeds



Green Beans



Soba Noodles



Soy Sauce-Mirin Blend



Garlic



Mayonnaise



Sesame Oil



Green Onions

BUST OUT

- Small Pan
- Silicone Brush
- Baking Sheet
- Garlic Press
- Parchment Paper
- Shallow Dish
- Measuring Cups
- Large Pot
- Measuring Spoons
- Whisk
- Strainer
- Salt and Pepper
- Paper Towel
- Olive or Canola Oil
- Large Bowl

INGREDIENTS

2-person | 4-person

- Salmon Fillets, skinless **0** 283 g | 566 g
- Black Sesame Seeds **8** 1 tbsp | 2 tbsp
- Sesame Seeds **8** 2 tbsp | 4 tbsp
- Green Beans 170 g | 340 g
- Soba Noodles **1** 300 g | 600 g
- Soy Sauce-Mirin Blend **1,4** ¼ cup | ½ cup
- Garlic 6 g | 12 g
- Mayonnaise **3,6,9** 2 tsp | 4 tsp
- Sesame Oil **8** 1 tsp | 2 tsp
- Green Onions 2 | 4

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0** Fish/Poisson
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites
- 10** Crustacean/Crustacé
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 70°C/158°F.



START STRONG

Preheat the oven to **450°F** (to roast salmon). Start prepping when the oven comes up to temperature! In Step 5, use this garlic guide to determine what garlic level you prefer (dbl each measurement for 4 ppl): **¼ tsp** mild, **½ tsp** medium and **1 tsp** extra!



1 PREP Wash and dry all produce.* In a large pot, add **12 cups water** and **2 tsp salt**. (NOTE: Use same size pot, water and salt amount for 4 ppl.) Cover and bring to a boil over high heat. Meanwhile, thinly slice **green onions**. Peel, then mince or grate **garlic**. Cut stems off **green beans**, if needed, then cut into 1-inch pieces.



4 COOK SOBA AND BEANS Meanwhile, to the **boiling water**, add **soba noodles** and **green beans**. Reduce to medium-low heat. Cook, until **noodles** are tender, 2-3 min. (TIP: Keep an eye on noodles, so they don't overcook!) Drain and rinse **noodles** and **beans** under **cold running water**. Set aside.

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2 COAT SALMON Heat a small pan over medium-high heat. When hot, add **black and white sesame seeds** to the dry pan. Cook, stirring occasionally, until golden-brown and fragrant, 4-5 min. Transfer to a shallow dish and set aside to cool. Pat **salmon** dry with paper towel, then season with **salt** and **pepper**. Brush **1 tsp soy-mirin blend** all over **each salmon**. Sprinkle tops and sides with **sesame mixture**, pressing to coat.



5 DRESS SOBA NOODLES In a large bowl, whisk together **mayo**, **sesame oil**, **remaining soy-mirin blend** and **¼ tsp garlic** (dbl for 4 ppl) (NOTE: Refer to garlic guide in Start Strong). Add **noodles**, **green beans** and **half the green onions**. Gently toss together. Season with **pepper**.



3 ROAST SALMON On a parchment-lined baking sheet, arrange **salmon**. Roast in **middle** of oven, until **salmon** is opaque in middle and cooked through, 8-10 min. (TIP: Cook to a min. internal temp of 70°C/158°F, as size may vary.**)



6 FINISH AND SERVE Divide **soba noodles** between plates. Top with **sesame salmon**. Sprinkle over **remaining green onions**.

SOBA

The Japanese word for buckwheat!