



Sesame-Crusted Teriyaki Salmon

with Edamame and Chow Mein Noodle Salad

Family Friendly

30 Minutes



Salmon Fillets, skin-on



Coleslaw Cabbage Mix



Edamame



Sesame Seeds



Sesame Oil



Teriyaki Sauce



Rice Vinegar



Chow Mein Noodles



Soy Sauce



Green Onion

HELLO TERIYAKI SAUCE

This sweet and savoury sauce adds Japanese-influenced flavour to any dish!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, strainer, large bowl, parchment paper, small bowl, measuring cups, whisk, large pot, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Teriyaki Sauce	4 tbsp	8 tbsp
Coleslaw Cabbage Mix	170 g	340 g
Rice Vinegar	1 tbsp	2 tbsp
Edamame	56 g	113 g
Chow Mein Noodles	200 g	400 g
Sesame Seeds	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Sesame Oil	1 tbsp	2 tbsp
Green Onion	2	4
Sugar*	½ tsp	1 tsp
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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Cook noodles

- Add **10 cups hot water** to a large pot. Cover and bring to a boil over high heat.
- Add **edamame** to the **boiling water**. Cook uncovered for 4 min.
- Add **noodles** to **water** with **edamame**. Cook, stirring occasionally, until **noodles** are tender, 1-2 min.
- Using a strainer, drain **noodles** and **edamame**, then rinse under **cold water**, tossing to separate **noodles**, until **noodles** are cool.
- Set aside in the strainer to drain thoroughly.



Make teriyaki-soy sauce

- Whisk together **remaining soy sauce** and **remaining teriyaki sauce** in a small bowl.



Roast salmon

- Meanwhile, pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **salmon** on a parchment-lined baking sheet, skin-side down. Sprinkle **sesame seeds** over tops and sides of **salmon**, then pat **seeds** to adhere.
- Roast in the **middle** of the oven until cooked through, 7-10 min.**



Finish and serve

- If desired, gently remove and discard salmon skin.
- Divide **noodle salad** between bowls, then sprinkle with **remaining green onions**. Top with **sesame-crusted salmon**.
- Drizzle **teriyaki-soy sauce** over top.

Dinner Solved!



Assemble noodle salad

- Meanwhile, thinly slice **green onions**.
- Whisk together **vinegar**, **half the soy sauce**, **half the teriyaki sauce**, **sesame oil** and **½ tsp sugar** (dbl for 4 ppl) in a large bowl.
- Add **noodles**, **edamame**, **coleslaw cabbage mix** and **half the green onions**. Toss to combine. Season with **salt** and **pepper**, to taste.