



Asian Style Smoked Salmon and Crunchy Veg Salad with Ginger, Sesame and Lime Dressing

Lunch 5 Minutes • 1 of your 5 a day

5A



Ginger Puree



Sesame Oil



Lime



Coleslaw Mix



Rocket



Sugar Snap Peas



Smoked Salmon

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Serving Bowl, Cutting Board and Knife.

Ingredients

	Quantity
Ginger Puree	1 sachet
Sesame Oil 3	1 sachet
Lime**	½
Coleslaw Mix**	120g
Rocket**	20g
Sugar Snap Peas**	80g
Smoked Salmon** 4	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	170g	100g
Energy (kJ/kcal)	810/194	478/114
Fat (g)	14	8
Sat. Fat (g)	2	1
Carbohydrate (g)	10	6
Sugars (g)	5	3
Protein (g)	7	4
Salt (g)	1.13	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 4) Fish

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



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2



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Make the Dressing

a) In your serving bowl (or a portable container if you aren't eating it straight away), mix together the **ginger puree** and **sesame oil**.

b) Squeeze in some **lime** and stir to combine. This is your dressing. **TIP:** If you aren't eating lunch straight away, mix the dressing together and keep it in a separate container. Dress the salad just before eating.

Add the Veg

a) Add the **coleslaw** mix and **rocket** to the bowl.

b) Add the **sugar snap peas**.

c) Toss the **vegetables** in the **dressing** to coat well.

Top and Eat

a) Tear or cut the **salmon slices** into bite-size pieces.

b) Top the **crunchy veg salad** with the **salmon**.

c) Lunch is served.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.