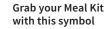


Mumbai-Spiced Salmon & Bombay Potatoes

with Cherry Tomato-Rocket Salad & Garlic Yoghurt

DIETITIAN APPROVED*











Potato

Brown Mustard











Salmon



Coriander



Blend

Snacking Tomatoes



Carrot



Spinach Rocket & Fennel Mix



Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me First



Carb Smart*

*Custom Recipe is not Carb Smart or Dietitian Approved Tonight, we're taking omega-3 rich salmon to the next level with our Indian-inspired seasoning. Add mustard seed-adorned potatoes and a salad with a touch of tartness, and you have yourself a nutritionally balanced meal that's simply delicious!

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
brown mustard seeds	1 medium packet	2 medium packets		
garlic	2 cloves	4 cloves		
Greek-style yoghurt	1 medium packet	1 large packet		
salmon	1 small packet	1 large packet		
Mumbai spice blend	1 medium sachet	1 large sachet		
coriander	1 bag	1 bag		
snacking tomatoes	1 punnet	2 punnets		
carrot	1/2	1		
honey*	½ tsp	1 tsp		
white wine vinegar*	drizzle	drizzle		
spinach, rocket & fennel mix	1 medium bag	1 large bag		
salmon**	1 small packet	1 large packet		
* Pantry Items ** Custom Pecine Ingradient				

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g		
Energy (kJ)	2170kJ (519Cal)	372kJ (89Cal)		
Protein (g)	38g	6.5g		
Fat, total (g)	21.4g	3.7g		
- saturated (g)	12.5g	2.1g		
Carbohydrate (g)	41.1g	7g		
- sugars (g)	11g	1.9g		
Sodium (mg)	950mg	163mg		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2385kJ (570Cal)	332kJ (79Cal)
Protein (g)	68.6g	9.4g
Fat, total (g)	25.6g	3.5g
- saturated (g)	14g	1.9g
Carbohydrate (g)	41.1g	5.6g
- sugars (g)	11g	1.5g
Sodium (mg)	1025mg	140mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Bake the potato

- Preheat oven to 240°C/220°C fan-forced.
- Cut **potato** into bite-sized chunks. Place on a lined oven tray.
- Sprinkle over brown mustard seeds. Drizzle with olive oil and season with salt. Toss to coat.
- Bake until tender, 20-25 minutes.



Make the garlic yoghurt

- Meanwhile, finely chop garlic.
- In a large frying pan, heat a drizzle of olive oil and garlic over medium-high heat. Cook until fragrant, 1 minute. Transfer to a small bowl.
- Add Greek-style yoghurt to garlic oil mixture and combine. Season to taste.



Coat the salmon

- Pat salmon dry with paper towel.
- In a medium bowl, combine Mumbai spice blend and a drizzle of olive oil. Season with salt and pepper.
- Add salmon, turning to coat.

TIP: Patting the skin dry helps it crisp up in the pan!



Cook the salmon

- When potato has 10 minutes remaining, return the frying pan to medium-high heat with a drizzle of olive oil.
- Once hot, cook salmon, skin-side down first, until cooked through, 2-4 minutes each side.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: If you've doubled your salmon, cook in batches for the best results!



Make the salad

- While salmon is cooking, roughly chop coriander.
- · Halve snacking tomatoes.
- Grate carrot (see ingredients).
- In a second medium bowl, combine the honey with a drizzle of olive oil and the white wine vinegar.
- Add spinach, rocket & fennel mix, carrot and tomato, tossing to coat. Season to taste.



Serve up

- Toss coriander through the roasted potato.
- Divide Mumbai-spiced salmon, Bombay potatoes and salad between plates.
- Dollop the garlic yoghurt over the salmon to serve. Enjoy!



Let our Culinary team know what you thought: hellofresh.com.au/rate