



Mumbai-Spiced Salmon & Bombay Potatoes

with Cherry Tomato-Rocket Salad & Garlic Yoghurt

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Potato



Brown Mustard Seeds



Garlic



Greek-Style Yoghurt



Salmon



Mumbai Spice Blend



Coriander



Snacking Tomatoes



Carrot



Spinach Rocket & Fennel Mix



Salmon

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



Carb Smart*
**Custom Recipe is not Carb Smart or Dietitian Approved*

1 Eat Me First

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · Large frying pan

Ingredients

	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	½	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 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



1



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**.

4



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!

2



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.

5



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.

3



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!

6



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!

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