



# Sri Lankan Salmon & Roast Veggie Medley

with Garlic Yoghurt & Almonds

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Beetroot



Carrot



Turnip



Sri Lankan Spice Blend



Garlic



Greek-Style Yoghurt



Salmon



Baby Spinach Leaves



Golden Goddess Dressing



Flaked Almonds



Salmon

Prep in: 20-30 mins  
Ready in: 30-40 mins

Carb Smart

Eat Me First

With its rich flavour and melt-in-your-mouth texture, salmon stands up beautifully to our Sri Lankan spice blend. Sear it in the pan for a lovely char and some crispy skin action, and serve on a sweet and earthy roast veggie toss to cut the richness (we've made this one spud-free to keep the carbs in check).

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

### Pantry items

Olive Oil, Honey

## 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
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
carrot	1	2
turnip	1	2
Sri Lankan spice blend	½ large packet	1 large packet
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
salmon	1 small packet	2 small packets OR 1 large packet
<b>honey*</b>	½ tbs	1 tbs
baby spinach leaves	1 medium bag	1 large bag
golden goddess dressing	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet
salmon**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2227kJ (532Cal)	448kJ (107Cal)
Protein (g)	37.5g	7.5g
Fat, total (g)	30.7g	6.2g
- saturated (g)	5.9g	1.2g
Carbohydrate (g)	26.9g	5.4g
- sugars (g)	22.4g	4.5g
Sodium (mg)	591mg	119mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3499kJ (836Cal)	549kJ (131Cal)
Protein (g)	66.7g	10.5g
Fat, total (g)	50.9g	8g
- saturated (g)	10g	1.6g
Carbohydrate (g)	28.5g	4.5g
- sugars (g)	22.4g	3.5g
Sodium (mg)	632mg	99mg

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](https://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



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **beetroot** into small chunks.
- Cut **carrot** and **turnip** into large chunks.
- Place **veggies** on a lined oven tray and sprinkle over half the **Sri Lankan spice blend** (see **ingredients**). Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**. Set aside to cool slightly.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

4



## Cook the salmon

- When veggies have **5 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness).
- In the **last minute**, add the **honey**, gently turning **salmon** to coat.

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

**Custom Recipe:** Cook salmon 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 heatproof bowl.
- Add **Greek-style yoghurt** to garlic oil mixture, stirring to combine. Season to taste.

3



## Flavour the salmon

- Pat **salmon** dry with a paper towel.
- In a medium bowl, combine the remaining **Sri Lankan spice blend**, a drizzle of **olive oil** and a generous pinch of **salt**. Add **salmon**, gently turning to coat.

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

**Custom Recipe:** If you've doubled your salmon, prepare salmon as above.

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## Bring it all together

- To the tray with the roasted veggies, add **baby spinach leaves** and **golden goddess dressing**. Toss to coat. Season to taste.

6



## Serve up

- Divide roast veggie toss between plates.
- Top with Sri Lankan salmon.
- Dollop over garlic yoghurt and sprinkle with **flaked almonds** to serve. Enjoy!

## Rate your recipe

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