

# Mumbai-Spiced Salmon with Roasted Root Veggies & Coconut Sweet Chilli Mayo

Grab your Meal Kit with this symbol















Beetroot

Seeds

**Brown Mustard** 





Salmon



Baby Spinach Leaves



Coconut Sweet Chilli Mayonnaise



Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me First



Tonight, we're taking omega-3 rich salmon to the next level with our Mumbai-inspired seasoning. Add colourful veggies that are roasted with brown mustard seeds and mango mayo for a touch of creamy sweetness, and you have a nutritionally balanced meal that's simply delicious!

**Pantry items** Olive Oil, 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	1	2		
carrot	1	2		
beetroot	1	2		
brown mustard seeds	1 medium packet	2 medium packets		
salmon	1 small packet	2 small packets OR 1 large packet		
Mumbai spice blend	1 sachet	2 sachets		
baby spinach leaves	1 small bag	1 medium bag		
white wine vinegar*	drizzle	drizzle		
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)		
salmon**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2678kJ (640Cal)	587kJ (140Cal)
Protein (g)	35.6g	7.8g
Fat, total (g)	43g	9.4g
- saturated (g)	5.9g	1.3g
Carbohydrate (g)	29.8g	6.5g
- sugars (g)	16.6g	3.6g
Sodium (mg)	730mg	160mg

#### **Custom Recipe**

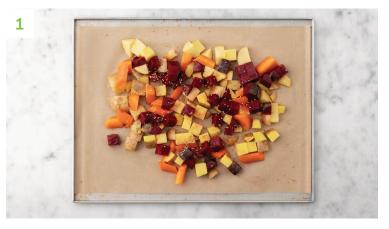
Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3961kJ</b> (946Cal)	<b>664kJ</b> (158Cal)
Protein (g)	64.7g	10.8g
Fat, total (g)	63.3g	10.6g
- saturated (g)	9.6g	1.6g
Carbohydrate (g)	32.1g	5.4g
- sugars (g)	16.6g	2.8g
Sodium (mg)	769mg	129mg

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.



# Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato and carrot into bite-sized chunks.
- Cut beetroot into 1cm chunks.
- Place veggies on a lined oven tray. Sprinkle over brown mustard seeds.
   Drizzle with olive oil, season with salt and toss to coat. Roast until tender,
   20-25 minutes. Set aside to cool slightly.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



# Bring it all together

 When the roast veggies have cooled a little, add baby spinach leaves and a drizzle of the white wine vinegar to the oven tray and gently toss to combine. Season to taste.



#### Cook the salmon

- While veggies are roasting, pat salmon dry with paper towel. In a medium bowl, combine Mumbai spice blend and a drizzle of olive oil. Season with salt. Add salmon, gently turn to coat.
- When veggies have 5 minutes remaining, heat a large frying pan with a
  drizzle of olive oil over medium-high heat. When oil is hot, add salmon, skin
  side down first and cook until just cooked through, 2-4 minutes each side.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour! **TIP:** Patting the skin dry helps it crisp up in the pan!

**Custom Recipe:** If you've doubled your salmon, prep as above. Cook salmon in batches for the best results!



# Serve up

- Divide Mumbai-spiced salmon and roasted root veggies between plates.
- Serve with **coconut sweet chilli mayonnaise**. Enjoy!

