



Mumbai-Spiced Salmon

with Roasted Root Veggies & Coconut Sweet Chilli Mayo

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Brown Mustard Seeds



Salmon



Mumbai Spice Blend



Baby Spinach Leaves



Coconut Sweet Chilli Mayonnaise



Salmon

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



Carb Smart*
**Custom Recipe is not Carb Smart*

1 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!

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

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

	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

*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)	3961kJ (946Cal)	664kJ (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.

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 **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.

3



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.

2



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!

4



Serve up

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

Rate your recipe

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