



# Oven Baked Indian-Spiced Salmon

with Veggie Toss & Garlic Dip

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Zucchini



Chopped Potato



Garlic



Greek-Style Yoghurt



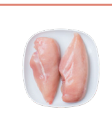
Salmon



Mumbai Spice Blend



Baby Spinach Leaves



Chicken Breast

Prep in: 10-20 mins  
Ready in: 30-40 mins

Calorie Smart

Eat Me First

They say that the simple things in life are often the best, so we've taken this piece of inspo to create an easy, satisfying meal of spiced salmon and three veg. Enjoy!

**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

Two oven trays lined with baking paper · Medium frying pan

## Ingredients

|                            | 2 People        | 4 People                             |
|----------------------------|-----------------|--------------------------------------|
| <b>olive oil*</b>          | refer to method | refer to method                      |
| carrot                     | 1               | 2                                    |
| zucchini                   | 1               | 2                                    |
| chopped potato             | 1 medium bag    | 2 medium bags                        |
| garlic                     | 2 cloves        | 4 cloves                             |
| Greek-style yoghurt        | 1 medium packet | 1 large packet                       |
| salmon                     | 1 small packet  | 2 small packets<br>OR 1 large packet |
| Mumbai spice blend         | 1 sachet        | 2 sachets                            |
| baby spinach leaves        | 1 small bag     | 1 medium bag                         |
| <b>white wine vinegar*</b> | drizzle         | drizzle                              |
| chicken breast**           | 1 small packet  | 2 small packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty           | Per Serving     | Per 100g      |
|-------------------|-----------------|---------------|
| Energy (kJ)       | 2188kJ (523Cal) | 387kJ (92Cal) |
| Protein (g)       | 39.2g           | 6.9g          |
| Fat, total (g)    | 23.1g           | 4.1g          |
| - saturated (g)   | 4.8g            | 0.8g          |
| Carbohydrate (g)  | 36.8g           | 6.5g          |
| - sugars (g)      | 9.1g            | 1.6g          |
| Sodium (mg)       | 649mg           | 115mg         |
| Dietary Fibre (g) | 8.5g            | 1.4g          |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 1879kJ (449Cal) | 313kJ (74Cal) |
| Protein (g)      | 50g             | 8.3g          |
| Fat, total (g)   | 10.4g           | 1.7g          |
| - saturated (g)  | 3.6g            | 0.6g          |
| Carbohydrate (g) | 35.7g           | 5.9g          |
| - sugars (g)     | 9.1g            | 1.5g          |
| Sodium (mg)      | 706mg           | 117mg         |

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 **220°C/200°C fan forced**.
- Slice **carrot** (unpeeled) and **zucchini** into rounds.
- Place **chopped potato**, **carrot**, **zucchini** and a drizzle of **olive oil** on an oven tray lined with baking paper. Season and toss to coat, then bake until tender, **25-30 minutes**.

3



## Bake the salmon and bring it together

- When the veggies have **10 minutes** remaining, pat **salmon** dry and place on a second lined oven tray. Drizzle with **olive oil** and sprinkle with **Mumbai spice blend**. Season, then turn to coat.
- Bake, skin-side down, until just cooked through, **8-12 minutes**.
- When the veggies have finished roasting, add **baby spinach leaves** and a drizzle of the **white wine vinegar** to the tray, gently tossing to combine.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Add chicken and Mumbai spice blend to the pan, then turn chicken to coat. Cook chicken, until cooked through (when no longer pink inside), 3-5 minutes. Continue with step as above.

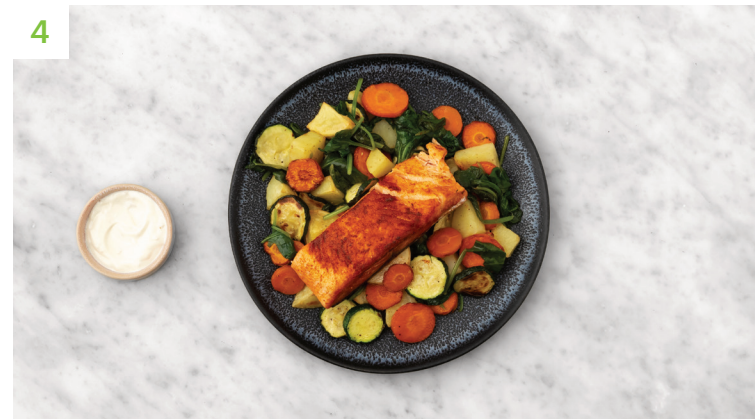
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## Get prepped

- While the veggies are cooking, finely chop **garlic**.
- Heat a medium frying pan over medium-high heat with a drizzle of **olive oil**. Add **garlic** and cook until fragrant, **1 minute**.
- Transfer to a small bowl and set aside. Allow to cool for **5 minutes**.
- Add **Greek-style yoghurt** and stir to combine. Season to taste and set aside.

4



## Serve up

- Divide the roast veggie toss and Indian salmon between plates.
- Serve with garlic yoghurt. Enjoy!

**Custom Recipe:** Divide the Indian chicken between plates as above.

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)