



Mumbai Salmon & Roast Veggie Medley

with Garlic Yoghurt & Almonds

EXPLORER

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Beetroot



Carrot



Turnip



Mumbai Spice Blend



Garlic



Greek-Style Yoghurt



Salmon



Baby Spinach Leaves



Golden Goddess Dressing



Flaked Almonds



Salmon

Prep in: 20-30 mins
Ready in: 25-35 mins



Carb Smart*

*Custom Recipe is not Carb Smart or Dietitian Approved



Eat Me First

With its rich flavour and melt-in-your-mouth texture, salmon stands up beautifully to our Mumbai 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
olive oil*	refer to method	refer to method
beetroot	1	2
carrot	1	2
turnip	1	2
mumbai spice blend	1 medium sachet	1 large sachet
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
honey*	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)	2212kJ (529Cal)	445kJ (106Cal)
Protein (g)	36.9g	7.4g
Fat, total (g)	30.7g	6.2g
- saturated (g)	5.4g	1.1g
Carbohydrate (g)	26.5g	5.3g
- sugars (g)	22.4g	4.5g
Sodium (mg)	607mg	122mg
Dietary Fibre (g)	10.8g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3469kJ (829Cal)	544kJ (130Cal)
Protein (g)	65.4g	10.3g
Fat, total (g)	51g	8g
- saturated (g)	9g	1.4g
Carbohydrate (g)	27.7g	4.3g
- sugars (g)	22.4g	3.5g
Sodium (mg)	664mg	104mg

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 **beetroot, carrot** and **turnip** into bite-sized chunks.
- Spread **veggies** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **veggies** on high, **3 minutes**.
- Drain, then place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle over half the **Mumbai spice blend**, season with **salt** and toss to coat.
- Spread out evenly, then roast until golden and tender, **12-15 minutes**. Set aside to cool slightly.

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

3



Cook the salmon

- While veggies are cooling, 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



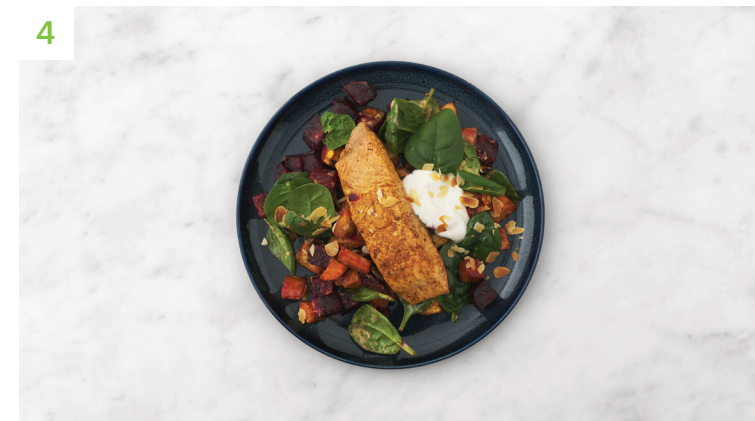
Get prepped

- 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.
- Pat **salmon** dry with a paper towel.
- In a medium bowl, combine the remaining **Mumbai 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.

4



Serve up

- Once veggies have cooled slightly, add **baby spinach leaves** and **golden goddess dressing** to the oven tray. Toss to coat. Season to taste.
- Divide roast veggie toss between plates. Top with Mumbai salmon.
- Dollop over garlic yoghurt and sprinkle with **flaked almonds** to serve. Enjoy!

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