



# Oven Baked Indian-Spiced Salmon

with Veggie Toss & Garlic Dip

DIETITIAN APPROVED

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Zucchini



Brown Onion



Chopped Potato



Mumbai Spice Blend



Garlic



Greek-Style Yoghurt



Salmon



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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
zucchini	1	2
brown onion	1	2
chopped potato	1 medium bag	2 medium bags
Mumbai spice blend	1 sachet	2 sachets
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
baby spinach leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2293kJ (548Cal)	350kJ (84Cal)
Protein (g)	40.4g	6.2g
Fat, total (g)	23.1g	3.5g
- saturated (g)	4.8g	0.7g
Carbohydrate (g)	42.1g	6.4g
- sugars (g)	14.4g	2.2g
Sodium (mg)	656mg	100mg
Dietary Fibre (g)	9.7g	1.5g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1750kJ (418Cal)	257kJ (61Cal)
Protein (g)	48.4g	7.1g
Fat, total (g)	5.3g	0.8g
- saturated (g)	2g	0.3g
Carbohydrate (g)	41.1g	6g
- sugars (g)	14.4g	2.1g
Sodium (mg)	670mg	98mg
Dietary Fibre (g)	9.9g	1.5g

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



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## Roast the veggies

- Preheat oven to **220°C/200°C fan forced**.
- Slice **carrot** (unpeeled) and **zucchini** into rounds.
- Roughly chop **brown onion**.
- Place **chopped potato, carrot, zucchini, onion**, half of the **Mumbai spice blend** and a drizzle of **olive oil** on a lined oven tray.
- 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, place **salmon** on a second lined oven tray. Drizzle with **olive oil** and sprinkle with remaining **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 **white wine vinegar** to the veggie tray, gently tossing to combine.

**Custom Recipe:** If you've swapped to chicken breast, when the veggies have 10 minutes remaining, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Place chicken on a second lined oven tray. Drizzle with olive oil and sprinkle with remaining Mumbai spice blend. Season, then turn to coat. Bake until cooked through (when no longer pink inside), 12-16 minutes.

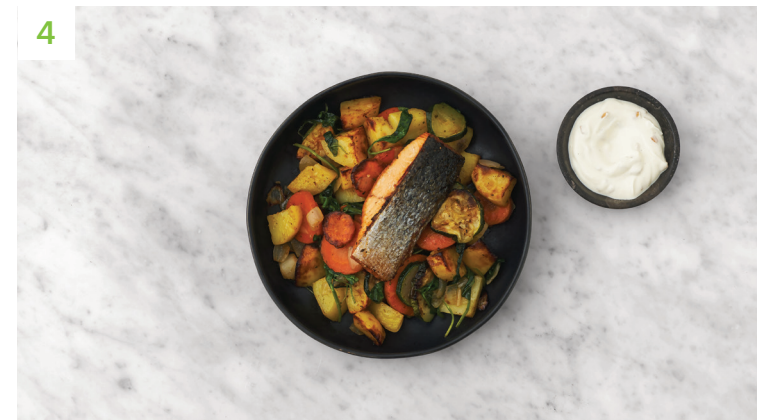
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## Get prepped

- While the veggies are cooking, finely chop **garlic**.
- In a small heatproof bowl, combine **garlic** and a drizzle of **olive oil**. Microwave in **30 second** bursts, until fragrant,
- Add **Greek-style yoghurt** to bowl with garlic oil, stirring to combine. Season to taste.

4



## Serve up

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

**Custom Recipe:** Divide the Indian-spiced chicken between plates and serve with veggie toss, as above.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)