



Smoked Salmon & Salad Ciabatta

with Fries & Harissa Yoghurt

FEEL GOOD TAKEAWAY

NEW

AIR FRYER FRIENDLY

Grab your meal kit with this number

41



Potato



Garlic & Herb Seasoning



Carrot



Tomato



Garlic



Harissa Paste



Greek-Style Yoghurt



Bake-At-Home Ciabatta



Mixed Salad Leaves



Cold-Smoked Salmon



Chicken Breast



Beef Rump

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

Eat Me Early

No need to visit a sandwich shop, we've elevated a classic sanga into a gourmet delight! With cold-smoked salmon, fresh salad and a mildly spiced harissa yoghurt, you won't believe how much flavour we packed between two pieces of bread.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Air-fryer or oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
carrot	1	2
tomato	1	2
garlic	2 cloves	4 cloves
harissa paste	1 medium packet	2 medium packets
Greek-style yoghurt	1 medium packet	1 large packet
bake-at-home ciabatta	2	4
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
cold-smoked salmon	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2683kJ (641Cal)	492kJ (117Cal)
Protein (g)	28.9g	5.3g
Fat, total (g)	16.7g	3.1g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	91g	16.7g
- sugars (g)	15g	2.7g
Sodium (mg)	1649mg	302mg
Dietary Fibre (g)	10.9g	2g

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.

1



Cook the potato fries

- Set air fryer to **200°C**. Cut **potato** into fries.
- Place **fries** into the air fryer basket. Drizzle with **olive oil** and sprinkle over **garlic & herb seasoning**. Toss to coat.
- Cook for **10 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.

3



Make the harissa yoghurt

- Add **harissa paste** and **Greek-style yoghurt** to the bowl with the garlic oil.
- Stir to combine. Season to taste. Set aside.

2



Get prepped

- Meanwhile, using a vegetable peeler, peel **carrot** into ribbons. Thinly slice **tomato** into rounds. Finely chop **garlic**.
- In a small microwave-safe bowl, combine **garlic** and a drizzle of **olive oil** and microwave in **10 second** bursts until fragrant.

4



Serve up

- Slice **bake-at-home ciabatta** in half lengthways and toast or bake directly on wire racks in oven until heated through, **5 minutes**.
- In a medium bowl, combine carrot ribbons and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Spread ciabatta bases with harissa yoghurt. Top with **mixed salad leaves**, tomato, carrot and **cold-smoked salmon**.
- Serve with fries. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW29

CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut horizontally into steaks. Cook with a drizzle of olive oil until browned and cooked through, 3-6 minutes each side.



SWAP TO BEEF RUMP

Cook with a drizzle of olive oil, turning, for 4-6 minutes for medium. Rest then slice before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

