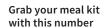


# Mumbai Spiced Salmon & Salad Tacos

with Garlic Yoghurt

NEW







unbeatable salad and some garlic yoghurt and you're good to go. It's scrumptious!











Salmon



Mumbai Spice



Blend



Mixed Salad



Tortillas





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





Bites of seasoned Mumbai salmon are filling up these tacos to ensure taco night is as easy to cook as it is to eat. Add a simple but

**Pantry items** Olive Oil

# 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

Large frying pan

# **Ingredients**

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1/2	1
tomato	1	2
garlic	1 clove	2 cloves
salmon	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
mini flour tortillas	6	12

<sup>\*</sup>Pantry Items

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3097kJ (740Cal)	720kJ (172Cal)
Protein (g)	41.9g	9.7g
Fat, total (g)	38.7g	9g
- saturated (g)	10.8g	2.5g
Carbohydrate (g)	57g	13.3g
- sugars (g)	12.2g	2.8g
Sodium (mg)	983mg	229mg
Dietary Fibre (g)	9.3g	2.2g

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.



# Get prepped

- · Finely chop brown onion (see ingredients).
- · Slice tomato into thin wedges.
- Finely chop garlic.



#### Season the salmon

- Pat salmon dry with a paper towel.
- In a medium bowl, combine Mumbai spice **blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **salmon fillet** and gently toss to coat.



#### Cook the salmon

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook onion, tossing, until tender, 4-5 minutes. Transfer to a bowl.
- 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. Transfer to a plate.
- Flake salmon into bite-sized chunks.

TIP: The salmon will char a little in the pan, don't worry, this adds to the flavour!



# Make the garlic yoghurt

- · While salmon is cooking, in a small microwavesafe bowl, combine garlic and a drizzle of olive oil. Microwave in 10 second bursts, until fragrant, 1 minute.
- Add Greek-style yoghurt to garlic oil, stirring to combine. Season to taste.



### Toss the salad

- · To a second medium bowl, add tomato, mixed salad leaves and a drizzle of olive oil.
- · Toss to coat and season to taste.



## Finish & serve

- · Microwave mini flour tortillas on a microwave-safe plate in 10 second bursts, until warmed through.
- Build tacos by filling with salad, charred onion and Mumbai spiced salmon.
- Drizzle over garlic yoghurt to serve. Enjoy!







