



Mumbai Spiced Salmon & Salad Tacos

with Garlic Yoghurt

NEW

Grab your meal kit with this number

6



Recipe Update

We've replaced the cucumber in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Brown Onion



Tomato



Garlic



Salmon



Mumbai Spice Blend



Greek-Style Yoghurt



Mixed Salad Leaves



Mini Flour Tortillas



Salmon



Chicken Breast

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

Protein Rich

Eat Me Early

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

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	½	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

*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](https://www.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 microwave-safe 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!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW07



CUSTOM OPTIONS

+ DOUBLE SALMON

Follow method above, cooking in batches if necessary.

↻ SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

