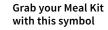
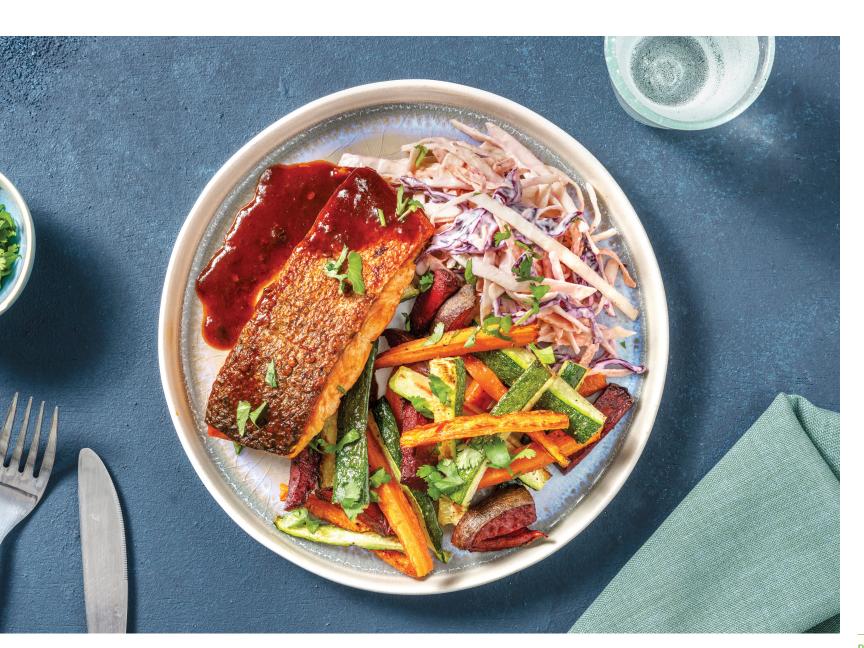


Honey Chipotle Salmon with Rainbow Veggie Fries & Creamy Slaw





















Garlic Aioli

Slaw Mix



Salmon

Coriander



Hands-on: 20-30 mins Ready in: 30-40 mins

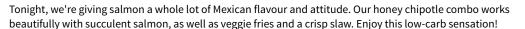
Eat me first



Naturally gluten-free Not suitable for Coeliacs



Carb Smart





Olive Oil, Honey, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

ingi ediento			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
zucchini	1	2	
beetroot	1	2	
mild chipotle sauce	1 packet	2 packets	
honey*	1 tsp	2 tsp	
slaw mix	1 packet (150g)	1 packet (300g)	
garlic aioli	1 packet (50g)	1 packet (100g)	
white wine vinegar*	drizzle	drizzle	
salmon	1 packet	2 packets	
coriander	1 bag	1 bag	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2623kJ (626Cal)	455kJ (108Cal)
Protein (g)	33.9g	5.9g
Fat, total (g)	41.8g	7.3g
- saturated (g)	6.6g	1.1g
Carbohydrate (g)	24.9g	4.3g
- sugars (g)	23.4g	4.1g
Sodium (mg)	561mg	97mg
Dietary fibre (g)	14.4g	2.5g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the oven to 240°C/220°C fan-forced. Cut the carrot, zucchini and beetroot into fries.



Bake the veggie fries

Spread the **veggie fries** over a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and spread out in a single layer. Bake until tender, **20-25 minutes**.



Make the chipotle glaze

SPICY! The chipotle sauce is spicy so use a little less if you're sensitive to heat! While the fries are baking, combine the **mild chipotle sauce**, **honey**, and a small drizzle of **water** in a small bowl. Season and set aside.



Toss the slaw

In a medium bowl, combine the **slaw mix**, **garlic aioli**, a drizzle of **white wine vinegar** and a drizzle of **olive oil**. Season and set aside.



Cook the salmon

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Pat the **salmon** dry with a paper towel and season both sides. When the oil is hot, cook the **salmon**, skin-side down first, and cook until just cooked through, **2-4 minutes** each side (depending on thickness). Remove the pan from the heat and add the **chipotle glaze**, gently turning, until coated.

TIP: Patting the skin dry helps it crisp up in the pan!



Serve up

Roughly chop the **coriander**. Divide the honey chipotle salmon between plates. Serve with the veggie fries and creamy slaw. Pour over any remaining pan sauce. Garnish with the coriander.

Enjoy!