



# Honey Chipotle Salmon

with Rainbow Veggie Fries & Creamy Slaw

Grab your Meal Kit with this symbol



Carrot



Zucchini



Beetroot



Mild Chipotle Sauce



Slaw Mix



Garlic Aioli



Salmon



Coriander

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

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me first

Carb Smart

Tonight, we're giving salmon a whole lot of Mexican flavour and attitude. Our honey chipotle combo works beautifully with succulent salmon, as well as veggie fries and a crisp slaw. Enjoy this low-carb sensation!

### Pantry items

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

	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](https://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!