



Easy Salmon & Mango Chutney

with Zucchini & Potato Wedges

Grab your Meal Kit with this symbol



Potato



Zucchini



Cucumber



Cos Lettuce



Salmon



Aussie Spice Blend



Mango Chutney

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: 15-25 mins
- Ready in: 35-45 mins
- Naturally Gluten-Free
Not suitable for coeliacs
- Eat Me First
- Dietitian Approved
- Carb Smart

With its rich flavour and delicate texture, salmon stands up well to a good dollop of sweet and tangy mango chutney. Bulk up the potato wedges with zucchini to keep things interesting, and the carbs in check!

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
potato	1	2
zucchini	1	2
cucumber	1	2
cos lettuce	½ head	1 head
honey*	½ tsp	1 tsp
white wine vinegar*	drizzle	drizzle
salmon	1 packet	1 packet
Aussie spice blend	1 sachet	2 sachets
mango chutney	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2094kJ (500Cal)	484kJ (116Cal)
Protein (g)	33.5g	7.7g
Fat, total (g)	29.6g	6.8g
- saturated (g)	5.4g	1.2g
Carbohydrate (g)	23.5g	5.4g
- sugars (g)	10.1g	2.3g
Sodium (mg)	490mg	113mg
Dietary Fibre (g)	4.9g	1.1g

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



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **zucchini** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.

3



Cook the salmon

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **salmon**, skin-side down first, until just cooked through, **3-4 minutes** each side.
- Meanwhile, add **cucumber** and **cos lettuce** to bowl with **dressing**. Toss to combine.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

2



Get prepped

- Meanwhile, thinly slice **cucumber** into rounds. Finely shred **cos lettuce** (see ingredients). Pat **salmon** dry with paper towel.
- In a medium bowl, combine **honey** and a drizzle of **white wine vinegar** and **olive oil**. Season, then set aside.
- In a second medium bowl, combine **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **salmon**, turning to coat.

4



Serve up

- Divide salmon, zucchini and potato wedges and salad between plates.
- Dollop **mango chutney** over salmon to serve.

Enjoy!

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