



Mumbai-Spiced Salmon & Garlic Aioli

with Bombay Roast Veggie Toss

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Brown Mustard Seeds



Mumbai Spice Blend



Salmon



Baby Spinach Leaves

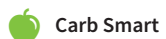


Garlic Aioli



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins



Carb Smart

Eat Me Early

Tonight, we're taking omega-3 rich salmon to the next level with our Mumbai-inspired seasoning. Add colourful veggies that are roasted with brown mustard seeds and garlic aioli for a touch of creamy fragrance, and you have a nutritionally balanced meal that's simply delicious!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
carrot	1	2
beetroot	1	2
brown mustard seeds	1 sachet	1 sachet
Mumbai spice blend	1 sachet	2 sachets
salmon	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2424kJ (579Cal)	584kJ (140Cal)
Protein (g)	33.3g	8g
Fat, total (g)	36.1g	8.7g
- saturated (g)	5.6g	1.4g
Carbohydrate (g)	29.6g	7.1g
- sugars (g)	15.1g	3.6g
Sodium (mg)	399mg	96mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1864kJ (446Cal)	429kJ (103Cal)
Protein (g)	38.4g	8.8g
Fat, total (g)	19g	4.4g
- saturated (g)	3g	0.7g
Carbohydrate (g)	30.4g	7g
- sugars (g)	15.2g	3.5g
Sodium (mg)	434mg	100mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW38



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **brown mustard seeds**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**. Set aside to cool slightly.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

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

3



Toss the veggies

- Add **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray of **roasted veggies**. Gently toss to combine and season with **salt** and **pepper**.

2



Cook the salmon

- Meanwhile, combine **Mumbai spice blend** and a drizzle of **olive oil** in a medium bowl. Add **salmon**, season with **salt** and gently toss to combine.
- When veggies have **5 minutes** remaining, heat a large frying pan over 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.

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

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Combine chicken with spice blend as above, turning to coat. When veggies have 5 minutes remaining, heat the frying pan and oil as above. Cook chicken until cooked through, 3-5 minutes each side.

4



Serve up

- Divide Mumbai-spiced salmon and Bombay roast veggie toss between plates.
- Serve with **garlic aioli**. Enjoy!

Custom Recipe: Slice the chicken before serving.

Rate your recipe

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