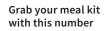


Sri Lankan-Spiced Salmon & Fries with Pear Salad & Garlic Aioli

CLIMATE SUPERSTAR











Potato







Coriander

Salmon





Sri Lankan Spice Blend

Leaves



Garlic Aioli









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



Tonight, we're taking omega-3 rich salmon to the next level with our Sri Lankan-inspired seasoning. Add oven-baked fries and garlic aioli for a touch of creaminess, and you have a nutritionally balanced meal that's simply delicious!

Pantry items

Olive Oil, Plain Flour, Butter, White Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
pear	1	2	
coriander	1 packet	1 packet	
salmon	1 packet	2 packets	
Sri Lankan spice blend	1 medium sachet	1 large sachet	
plain flour*	1 tsp	2 tsp	
butter*	20g	40g	
white wine vinegar*	drizzle	drizzle	
mixed salad leaves	1 medium packet	1 large packet	
garlic aioli	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2882kJ (689Cal)	623kJ (149Cal)
Protein (g)	34.5g	7.5g
Fat, total (g)	42.4g	9.2g
- saturated (g)	8.7g	1.9g
Carbohydrate (g)	43.5g	9.4g
- sugars (g)	23g	5g
Sodium (mg)	507mg	110mg
Dietary Fibre (g)	5.7g	1.2g

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.



Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into fries, then place on a lined oven tray. Drizzle with olive oil and season with salt and pepper.
- Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.



Get prepped

- Meanwhile, thinly slice **pear**.
- · Roughly chop coriander.
- Pat **salmon** dry with paper towel, then season both sides.



Flavour the fish

 In a medium bowl, combine Sri Lankan spice blend, the plain flour and a pinch of salt and pepper. Add salmon and gently turn to coat.

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



Cook the fish

- When the fries have 10 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.
- Add the **butter**, then turn **salmon** to coat.



Toss the salad

- In a second medium bowl, combine a drizzle of white wine vinegar and olive oil, then season.
- Add mixed salad leaves and pear. Toss to coat.



Serve up

- Divide Sri Lankan salmon, fries and pear salad between plates. Sprinkle coriander over salmon.
- Serve with a dollop of garlic aioli. Enjoy!







