



Sri Lankan-Spiced Salmon & Fries

with Pear Salad & Garlic Aioli

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Potato



Pear



Coriander



Salmon



Sri Lankan Spice Blend



Mixed Salad Leaves



Garlic Aioli



Salmon



Chicken Breast

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

Eat Me Early

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

	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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



CUSTOM OPTIONS

+ DOUBLE SALMON

Follow method above, cooking in batches if necessary.

↻ SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

