

Quick Mumbai-Spiced Hoki & Carrot Noodle Salad

with Garlic Yoghurt & Coriander

Grab your meal kit with this number

17



Garlic



Baby Leaves



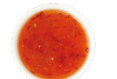
Lemon



Hoki Fillets



Mumbai Spice Blend



Sweet Chilli Sauce



Carrot Noodles



Greek-Style Yoghurt



Shredded Cabbage Mix



Coriander



Hoki Fillets



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Reduced

Eat Me First

It's good to relax and refresh, and a good meal can be the first step! Our Mumbai spice blend adds mild and fragrant flavours to delicate fish fillets. Served on a bed of carrot noodles and tossed in a salad, this meal is sure to rejuvenate you at the end of a long day.

Pantry items

Olive Oil, Honey

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
baby leaves	1 small packet	1 medium packet
lemon	½	1
hoki fillets	1 packet	2 packets
Mumbai spice blend	1 medium sachet	2 medium sachets
sweet chilli sauce	1 medium packet	1 large packet
honey*	½ tsp	1 tsp
carrot noodles	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1419kJ (339Cal)	307kJ (73Cal)
Protein (g)	31.9g	6.9g
Fat, total (g)	8.2g	1.8g
- saturated (g)	1.8g	0.4g
Carbohydrate (g)	32.6g	7g
- sugars (g)	22.8g	4.9g
Sodium (mg)	606mg	131mg
Dietary Fibre (g)	6.9g	1.5g

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Finely chop **garlic**. Roughly chop **baby leaves**. Zest **lemon** to get a good pinch and cut in half.
- Discard any **liquid** from **hoki fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a medium bowl, combine **Mumbai spice blend**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Add **fish** and gently turn to coat. Set aside.



Cook the fish

- Transfer the remaining **garlic oil mixture** to a small bowl. Add **Greek-style yoghurt** and combine. Season to taste and set aside.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **fish** until just cooked through, **5-6 minutes** each side. Transfer to a paper towel-lined plate.

TIP: The fish is cooked through when the centre turns from translucent to white.

TIP: Add extra oil between batches if needed so the fish doesn't stick to the pan.



Make the dressing

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **garlic** until fragrant, **1-2 minutes**. Transfer half the **garlic oil mixture** to a large bowl.
- Add **sweet chilli sauce**, the **honey**, **lemon zest** and a squeeze of **lemon juice**. Season and stir to combine. Set aside.
- Add **carrot noodles** to the **sweet chilli dressing**. Toss to coat and set aside.



Serve up

- Meanwhile, add **shredded cabbage mix** and baby leaves to the carrot noodles. Toss well to combine and season to taste.
- Divide carrot noodle salad between bowls.
- Top with Mumbai-spiced hoki.
- Drizzle over garlic yoghurt and tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



CUSTOM OPTIONS



DOUBLEHOKI FILLETS

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.

