

# Seared Salmon & Bengali Curry Sauce

with Bombay Baby Potatoes & Roast Cauliflower Toss

TASTE TOURS

CLIMATE SUPERSTAR

Grab your meal kit with this number

24



Baby Potatoes



Cauliflower



Onion



Mumbai Spice Blend



Garlic



Lemon



Brown Mustard Seeds



Salmon



Bengal Curry Paste



Light Coconut Milk



Baby Leaves



Coriander

Prep in: 25-35 mins  
Ready in: 45-55 mins

 Eat Me Early

Flavour is bursting out the seams in seared salmon and roast potatoes and cauliflower. A Bengali coconut sauce makes a perfect and delicious addition to fresh salmon and the potatoes are roasted with mustard seeds, everything is stitched together with roasted cauliflower in the salad. It's a masterpiece!

### Pantry items

Olive Oil, Butter, Brown Sugar, 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
baby potatoes	1 packet	2 packets
cauliflower	1 medium portion	1 large portion
onion	½	1
Mumbai spice blend	1 medium sachet	2 medium sachets
garlic	3 cloves	6 cloves
lemon	½	1
<b>butter*</b>	20g	40g
brown mustard seeds	1 medium sachet	1 large sachet
salmon	1 packet	2 packets
Bengal curry paste	1 medium packet	1 large packet
light coconut milk	1 medium packet	2 medium packets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>honey*</b>	1 tsp	2 tsp
baby leaves	1 small packet	1 medium packet
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3038kJ (726Cal)	393kJ (94Cal)
Protein (g)	41.8g	5.4g
Fat, total (g)	50.6g	6.5g
- saturated (g)	25.2g	3.3g
Carbohydrate (g)	51.2g	6.6g
- sugars (g)	16.7g	2.2g
Sodium (mg)	696mg	90mg
Dietary Fibre (g)	11.6g	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://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

2024 | CW30



1



## Start the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Halve **baby potatoes**, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Arrange cut-side down and roast until just tender, **18-20 minutes**.

4



## Cook the salmon

- When the potatoes have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Pat **salmon** dry with paper towel and season both sides.
- When oil is hot, cook **salmon**, skin side down, until just cooked through, **2-4 minutes** each side. Transfer to a plate and cover to keep warm.

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

2



## Roast the veggies

- Meanwhile, cut **cauliflower** into small florets. Slice **onion (see ingredients)** into wedges.
- Place **veggies** on a second lined oven tray. Sprinkle over **Mumbai spice blend**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender and brown around edges, **20-25 minutes**.

5



## Make the sauce

- Wipe out the frying pan, then return to low heat with a drizzle of **olive oil**. Cook remaining **garlic** and **Bengal curry paste** until fragrant, **1-2 minutes**.
- Add **light coconut milk** and the **brown sugar** and stir to combine. Simmer until slightly reduced, **1-2 minutes**. Season to taste.
- When the **veggies** are done, add the **honey**, **baby leaves** and a generous squeeze of **lemon juice** to the tray, tossing to combine.

**TIP:** *Add a splash of water if the sauce looks too thick.*

3



## Finish the potatoes

- While the cauliflower is roasting, finely chop **garlic**. Slice **lemon** into wedges.
- In a small microwave-safe bowl, microwave the **butter** and half the **garlic** in **10 second** bursts, until melted. Season with **salt** and **pepper**, then set aside.
- When the **potatoes** have finished roasting, lightly crush them on the tray, until 1cm-thick. Drizzle with melted **garlic butter** and sprinkle with **brown mustard seeds**.
- Return to oven and roast until golden, a further **10-12 minutes**.

6



## Serve up

- Pour half the curry sauce over salmon.
- Bring everything to the table to serve. Help yourself to seared salmon and Bengal curry sauce, Bombay baby potatoes and roast cauliflower toss.
- Tear over **coriander**. Serve with remaining curry sauce and lemon wedges. Enjoy!

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