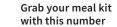


Seared Salmon & Bengali Curry Sauce

with Bombay Baby Potatoes & Roast Cauliflower Toss

TASTE TOURS











Mumbai spice





Brown Mustard Seeds

Salmon





Bengal Curry Paste

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!



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

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	2 People	4 People
olive oil*	refer to method	refer to method
baby potatoes	1 packet	2 packets
cauliflower	2 medium portions	2 large portions
onion	1/2	1
Mumbai spice blend	1 sachet	2 sachets
lemon	1/2	1
garlic	3 cloves	6 cloves
butter*	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
coconut milk	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
honey*	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)	2949kJ (705cal)	197kJ (47cal)
Protein (g)	41.1g	2.7g
Fat, total (g)	50.3g	3.4g
- saturated (g)	25.2g	1.7g
Carbohydrate (g)	47.7g	3.2g
- sugars (g)	15.3g	1g
Sodium (mg)	482mg	32.1mg
Dietary Fibre (g)	11.6g	0.8g

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.



Start the potatoes

- Preheat oven to 240°C/220°Cfan-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.



Roast the cauliflower

- 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.



Finish the potatoes

- While the cauliflower is roasting, slice lemon into wedges. Finely chop gartic.
- 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



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!



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 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.



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!



