

Easy Mumbai-Spiced Fish & Carrot Ribbon Salad

with Garlic Yoghurt & Coriander

Grab your meal kit with this number

17



Garlic



Baby Leaves



Carrot



Lemon



Gemfish Fillets



Mumbai Spice Blend



Sweet Chilli Sauce



Greek-Style Yoghurt



Shredded Cabbage Mix



Coriander



Gemfish Fillets



Chicken Breast

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

Carb Smart

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 crunchy carrot 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
carrot	1	2
lemon	½	1
gemfish fillets	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
sweet chilli sauce	1 medium packet	1 large packet
honey*	½ tsp	1 tsp
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)	1160kJ (277cal)	144kJ (34cal)
Protein (g)	19.4g	2.4g
Fat, total (g)	11.6g	1.4g
- saturated (g)	1.7g	0.2g
Carbohydrate (g)	22.1g	2.7g
- sugars (g)	16.7g	2.1g
Sodium (mg)	1799mg	223.8mg
Dietary Fibre (g)	5.9g	0.7g

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.



Get prepped

- Finely chop **garlic**. Roughly chop **baby leaves**. Peel **carrot** into ribbons. Zest **lemon** to get a good pinch and cut in half.
- Discard any **liquid** from **gemfish fillets** 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 stir to combine. Season to taste and set aside.
- Return 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.



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.
- Add **carrot ribbons** to the sweet chilli dressing. Toss to coat and set aside.



Serve up

- Meanwhile, to the carrot ribbons, add **shredded cabbage mix** and baby leaves. Toss well to combine and season to taste.
- Divide carrot ribbon salad between bowls.
- Top with Mumbai-spiced fish.
- 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 | CW40



CUSTOM OPTIONS



DOUBLE GEMFISH 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.

