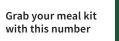


Honey Chipotle Salmon with Slaw & Rainbow Veggie Fries

NEW

CLIMATE SUPERSTAR













Coriander





Mild Chipotle Sauce





Salmon





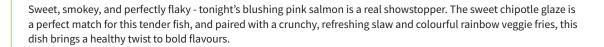


Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early









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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
courgette	1	2	
beetroot	1	2	
coriander	1 packet	1 packet	
mild chipotle	1 large packet	2 large packets	
sauce			
honey*	1 tsp	2 tsp	
slaw mix	1 medium packet	1 large packet	
garlic aioli	1 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
salmon	1 packet	2 packets	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2270kJ (543cal)	202kJ (48cal)
Protein (g)	33g	2.9g
Fat, total (g)	36.4g	3.2g
- saturated (g)	5.3g	0.5g
Carbohydrate (g)	22.7g	2g
- sugars (g)	17.4g	1.5g
Sodium (mg)	528mg	47mg
Dietary Fibre (g)	8.2g	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

- Preheat the oven to 240°C/220°C fan-forced.
- Cut carrot (unpeeled), courgette and beetroot into fries.
- Roughly chop coriander.



Bake the veggie fries

- Spread the veggie fries over an oven tray lined with baking paper, drizzle with olive oil and season with **salt** and **pepper**.
- Toss to coat and bake until tender, 20-25 minutes.



Make the chipotle glaze

• **SPICY!** The mild chipotle sauce is spicy so use a little less if you're sensitive to heat. While the fries are baking, in a small bowl, combine mild chipotle sauce, honey, a pinch of salt and pepper and a small drizzle of water. Set aside.



Toss the slaw

• In a medium bowl, combine slaw mix, garlic aioli, a drizzle of white wine vinegar, a drizzle of olive oil and a pinch of salt and pepper. Set aside.



Cook the salmon

- When the veggie fries have 10 minutes remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat.
- Pat **salmon** dry with paper towel and season both sides with a pinch of **salt** and **pepper**.
- When the oil is hot, add **salmon** to the pan, skin side down, and cook until just cooked through, 2-4 minutes each side (depending on thickness). Remove pan from the heat and add chipotle glaze, gently turning, until coated.

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



Serve up

- Divide slaw and veggie fries between plates.
- Top with honey chipotle salmon, spooning over any remaining sauce from the pan.
- · Garnish with coriander to serve. Enjoy!







Follow method above, cooking in batches if necessary.



ADD HALLOUMI/GRILL CHEESE Cut into 1cm-thick slices. Cook with a drizzle of olive

oil until golden brown, 1-2 minutes each side.

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

