



Honey Chipotle Salmon











with Slaw & Rainbow Veggie Fries

NEW CLIMATE SUPERSTAR


Grab your meal kit with this number

6



-  Carrot
-  Courgette
-  Beetroot
-  Coriander
-  Mild Chipotle Sauce
-  Slaw Mix
-  Garlic Aioli
-  Salmon
-  Salmon
-  Halloumi/Grill Cheese

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

 Carb Smart

 Protein Rich

 Eat Me Early

Sweet, smokey, and perfectly flaky - tonight's blushing pink salmon is a real showstopper. The sweet chipotle glaze is a perfect match for this tender fish, and paired with a crunchy, refreshing slaw and colourful rainbow veggie fries, this dish brings a healthy twist to bold flavours.

Pantry items

Olive Oil, Honey, White Wine Vinegar

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

	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 sauce	1 large packet	2 large packets
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**.



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.



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**.



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!*



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.



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS



DOUBLE SALMON

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.

