



# Quick Mumbai Fish & Carrot Noodle Salad

with Garlic Yoghurt & Coriander

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Garlic



Baby Spinach Leaves



Lime



Smooth Dory Fillets



Mumbai Spice Blend



Sweet Chilli Sauce



Carrot Noodles



Greek-Style Yoghurt



Shredded Cabbage Mix

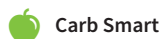


Coriander



Smooth Dory Fillets

Prep in: 15-25 mins  
Ready in: 20-30 mins



Carb Smart

Eat Me First

It's good to relax and refresh and a good meal can be the first step. Fish, cooked in mild, warming spices and served on a bed of carrot noodles, tossed in a salad is sure to rejuvenate you at the end of long day. Sit back, relax and enjoy.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey

## Before you start

Wash your hands and any fresh food

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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
baby spinach leaves	1 small bag	1 medium bag
lime	½	1
smooth dory fillets	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
sweet chilli sauce	1 medium packet	1 large packet
<b>honey*</b>	½ tsp	1 tsp
carrot noodles	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
coriander	1 bag	1 bag
smooth dory fillets**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1493kJ (357Cal)	314kJ (75Cal)
Protein (g)	23.2g	4.9g
Fat, total (g)	14.2g	3g
- saturated (g)	3.1g	0.7g
Carbohydrate (g)	36.3g	7.6g
- sugars (g)	23.2g	4.9g
Sodium (mg)	634mg	134mg
Dietary Fibre (g)	7.7g	1.6g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1973kJ (472Cal)	321kJ (77Cal)
Protein (g)	38.9g	6.3g
Fat, total (g)	20g	3.3g
- saturated (g)	3.8g	0.6g
Carbohydrate (g)	36.8g	6g
- sugars (g)	23.6g	3.8g
Sodium (mg)	743mg	121mg
Dietary fibre	7.7g	1.3g

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



2023 | CW20

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## Get prepped

- Finely chop **garlic**. Roughly chop **baby spinach leaves**. Zest **lime** to get a good pinch, then cut in half.
- Discard any liquid from **smooth dory fillet** 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.

**Custom Recipe:** If you've doubled your fish, prep and season as above.

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## 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 the 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.

**TIP:** Add extra oil between batches if needed so the fish doesn't stick to the pan.

**Custom Recipe:** Cook fish in batches for the best result.

2



## 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.
- To the bowl with **garlic oil**, add **sweet chilli sauce**, the **honey**, **lime zest** and a squeeze of **lime juice**. Season and stir to combine.
- Add **carrot noodles** to the **lime dressing**. Toss to coat and set aside.

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## Serve up

- Meanwhile, add **shredded cabbage mix** and baby spinach to the carrot noodles. Toss well to combine and season to taste.
- Divide carrot noodle salad between bowls.
- Top with Mumbai fish.
- Drizzle over garlic yoghurt. Tear over **coriander** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)