



Indian Salmon & Bombay Potatoes

with Garlic Yoghurt & Rainbow Salad

Grab your Meal Kit with this symbol



Potato



Turmeric



Brown Mustard Seeds



Garlic



Greek Yoghurt



Mumbai Spice Blend



Salmon



Coriander



Tomato



Carrot



Mixed Salad Leaves

Hands-on: **25-35 mins**
 Ready in: **30-40 mins**
 Naturally gluten-free
Not suitable for Coeliacs

Calorie Smart
 Eat me first

Tonight we're taking omega-3 rich salmon to the next level with our Indian-inspired seasoning. Add a rainbow salad on the side, and you have a nutritionally balanced meal that's simply delicious!

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
potato	2	4
salt*	¼ tsp	½ tsp
turmeric	¼ sachet	½ sachet
brown mustard seeds	1 sachet	2 sachets
garlic	2 cloves	4 cloves
Greek yoghurt	1 packet (100g)	1 packet (200g)
Mumbai spice blend	1 sachet	2 sachets
salmon	1 packet	2 packets
coriander	1 bag	1 bag
tomato	1	2
carrot	½	1
honey*	½ tsp	1 tsp
white wine vinegar*	2 tsp	4 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2604kJ (622Cal)	482kJ (115Cal)
Protein (g)	38.8g	7.2g
Fat, total (g)	32.6g	6g
- saturated (g)	7.6g	1.4g
Carbohydrate (g)	40g	7.4g
- sugars (g)	12.9g	2.4g
Sodium (mg)	596mg	110mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the **potato**, a drizzle of **olive oil**, the **salt**, **turmeric** (1/4 tsp for 2 people / 1/2 tsp for 4 people) and **brown mustard seeds** on an oven tray lined with baking paper. Season with **pepper** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time.



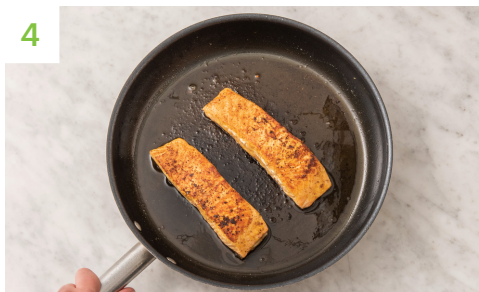
Make the garlic yoghurt

Finely chop the **garlic**. In a large frying pan, heat a drizzle of **olive oil** and the **garlic**. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek yoghurt** to the **garlic oil** and whisk to combine. Season to taste and set aside.



Coat the salmon

In a medium bowl, combine the **Mumbai spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **salmon** and turn to coat.



Cook the salmon

Return the frying pan to a medium heat with a drizzle of **olive oil**. When the oil is hot, cook the **salmon**, skin-side down first, and cook until cooked through, **3-4 minutes** each side. Transfer to a plate to rest.

TIP: The spice blend chars a little in the pan, this adds to the flavour!



Make the salad

Roughly chop the **coriander**. Finely chop the **tomato**. Grate the **carrot** (unpeeled). In a second medium bowl, combine a drizzle of **olive oil**, the **honey** and **vinegar**. Season with **salt** and **pepper**. Add the **mixed salad leaves**, **tomato** and **carrot**. Toss to coat.



Serve up

Toss the coriander through the roasted potato. Divide the Bombay potatoes, Indian salmon and rainbow salad between plates. Top with the garlic yoghurt to serve.

Enjoy!