



Smokey Jamaican Salmon & Roasted Veggies

with Charred Corn Salsa

Grab your Meal Kit
with this symbol



Sweet Potato



Capsicum



Zucchini



Corn



Coriander



Mild Caribbean
Jerk Seasoning



Salmon



Mayonnaise



Hands-on: **25-35 mins**
Ready in: **35-45 mins**



Naturally gluten-free
Not suitable for Coeliacs



Eat me first

This dish delivers all the colour and vibrancy that you would expect from a dish straight out of Jamaica. The charred corn salsa teamed with the smokey salmon brings an explosion of flavour and freshness with every bite. Brace your taste buds for a true adventure!

Pantry items

Olive Oil, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
capsicum	1	2
zucchini	1	2
salt*	¼ tsp	½ tsp
corn	1 cob	2 cobs
coriander	1 bag	1 bag
white wine vinegar*	½ tsp	1 tsp
mild Caribbean jerk seasoning	1 sachet	2 sachets
salmon	1 packet	1 packet
mayonnaise	1 packet (40g)	2 packets (80g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2963kJ (708Cal)	430kJ (102Cal)
Protein (g)	38.1g	5.5g
Fat, total (g)	41g	5.9g
- saturated (g)	7.1g	1g
Carbohydrate (g)	41.9g	6.1g
- sugars (g)	21.7g	3.1g
Sodium (mg)	1269mg	184mg

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1

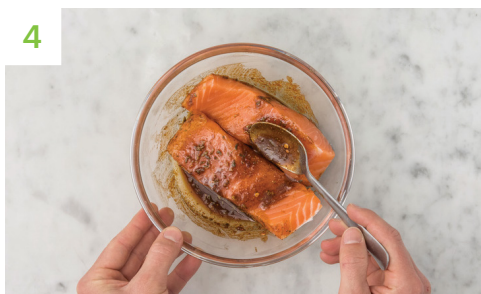


Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **capsicum** into 2cm chunks. Cut the **zucchini** into 2cm rounds. Place the **sweet potato** on an oven tray lined with baking paper. Place the **capsicum** and **zucchini** on a second oven tray lined with baking paper. Season both trays with **salt** and **pepper** and drizzle with **olive oil**. Toss to coat, then roast both trays until tender, **25-30 minutes**.

TIP: Cut the veggies to size so they cook in time.

4



Flavour the salmon

When the veggies have **10 minutes** cook time remaining, combine the **mild Caribbean jerk seasoning** and a drizzle of **olive oil** in a medium bowl. Add the **salmon** and toss to coat.

2



Prep the salsa

While the veggies are roasting, slice the kernels off the **corn** cob. Roughly chop the **coriander**.

3

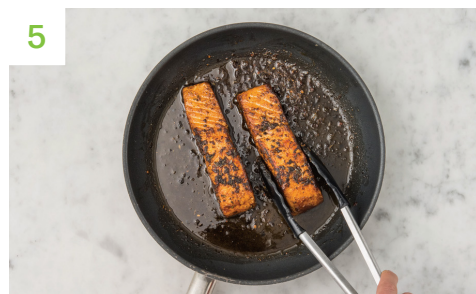


Make the salsa

Heat a large frying pan over a medium-high heat. Add the **corn** and cook, stirring, until lightly charred, **4-5 minutes**. Transfer to a medium bowl. Add the **coriander**, **white wine vinegar** and a drizzle of **olive oil** to the **corn**. Season to taste and stir to combine.

TIP: Cover the pan with a lid or foil if the kernels are "popping" out.

5



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, until cooked through, **3-4 minutes** each side.

TIP: The spice blend will char a little in the pan, don't worry, this adds to the smokey flavour!

6



Serve up

Divide the Jamaican salmon and roasted veggies between plates. Serve with the **mayonnaise** and corn salsa.

Enjoy!