



Sri Lankan Salmon & Roast Veggie Toss

with Garlic Yoghurt & Almonds

Grab your Meal Kit with this symbol



Beetroot



Carrot



Turnip



Garlic



Greek-Style Yoghurt



Salmon



Sri Lankan Spice Blend



Mixed Leaves



Golden Goddess Dressing



Flaked Almonds

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 30-40 mins

Carb Smart

Dietitian Approved

Eat Me First

With its rich flavour and melt-in-your-mouth texture, salmon stands up beautifully to our Sri Lankan spice blend. Sear it in the pan for a lovely char and some crispy skin action, and serve on a sweet and earthy roast veggie toss to cut the richness (we've made this one spud-free to keep the carbs in check).

Pantry items

Olive Oil

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
beetroot	1	2
carrot	1	2
turnip	1	2
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
salmon	1 small packet	1 large packet
Sri Lankan spice blend	1 medium sachet	1 large sachet
mixed leaves	1 medium bag	1 large bag
golden goddess dressing	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2268kJ (542Cal)	460kJ (110Cal)
Protein (g)	36.9g	7.5g
Fat, total (g)	34.3g	7g
- saturated (g)	6.5g	1.3g
Carbohydrate (g)	25.2g	5.1g
- sugars (g)	20.3g	4.1g
Sodium (mg)	341mg	69mg
Dietary Fibre (g)	13.6g	2.8g

The quantities provided above are averages only.

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 oven to **240°C/220°C fan-forced**. Cut **beetroot** into small chunks. Cut **carrot** and **turnip** into large chunks. Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**. Set aside to slightly cool.

TIP: If your oven tray is crowded, divide the veggies between two trays.

2



Make the garlic yoghurt

Meanwhile, finely chop **garlic**. In a large frying pan, heat a drizzle of **olive oil** and **garlic** over medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add **Greek-style yoghurt** to **garlic oil mixture**, stirring to combine. Season to taste.

3



Flavour the salmon

Pat **salmon** dry with paper towel. In a medium bowl, combine **Sri Lankan spice blend**, a drizzle of **olive oil** and a generous pinch of **salt**. Add **salmon**, gently turning to coat.

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

4



Cook the salmon

When veggies have **5 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness).

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

5



Toss the veggies

To the slightly cooled roast **veggie** tray, add **mixed leaves** and **golden goddess dressing**. Toss to coat. Season to taste.

6



Serve up

Divide roast veggie toss between plates. Sprinkle **flaked almonds** over veggies, then top with Sri Lankan salmon. Dollop garlic yoghurt over salmon to serve.

Enjoy!

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