



# 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!