



# Easy Curried Salmon and Sticky Veg with Oven-Ready Chips and Greek Style Yoghurt

38

3 Step Prep Prep Time: 5 Minutes • Cook Time: 25-30 Minutes • Mild Spice • 2 of your 5 a day



Mixed Peppers and Red Onion



McCain Home Chips



North Indian Style Spice Mix



Salmon Fillets



Peas



Mango Chutney



Greek Style Natural Yoghurt



Greek Style Salad Cheese

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Baking tray and baking paper.

## Ingredients

Ingredients	2P	3P	4P
Mixed Peppers and Red Onion**	1 pack	1½ packs	2 packs
McCain Home Chips** (13)	400g	600g	800g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Salmon Fillets** (4)	2	3	4
Peas**	120g	180g	240g
Mango Chutney	40g	60g	80g
Greek Style Natural Yoghurt** (7)	75g	120g	150g
Greek Style Salad Cheese** (7)	100g	100g	100g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4310/1030	694/166
Fat (g)	47.2	7.6
Sat. Fat (g)	15.5	2.5
Carbohydrate (g)	101.4	16.3
Sugars (g)	25.3	4.1
Protein (g)	42.8	6.9
Salt (g)	2.40	0.39

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

4) Fish 7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

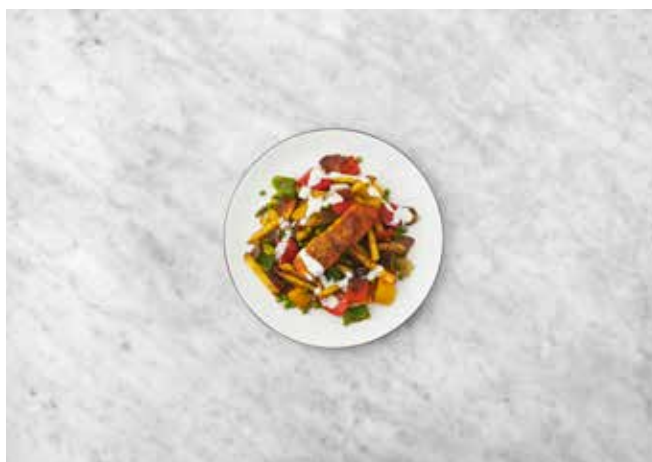
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Started

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Pop the **veg** and **chips** onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**.
- Sprinkle over **half** the **North Indian style spice mix**, then toss to coat. Spread out in a single layer.
- Bake on the middle shelf, 25-30 mins Turn halfway through.

## Curry Up

- Meanwhile, lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**.
- Sprinkle over the remaining **spice mix**. Drizzle with some **oil** and rub to coat.
- When the **veg** has 15 mins left, roast the **salmon** on the top shelf, 10-15 mins.  
**IMPORTANT:** Wash hands and utensils after handling raw fish. Cook so it's opaque in the middle.

## Dinner's Ready!

- Stir the **peas** and **half** the **mango chutney** through the **roasted veg**. Return to the oven for 1-2 mins.
- Share your **sticky veg** between your bowls and top with the **salmon**. Spoon the remaining **mango chutney** over the **salmon**.
- Drizzle over the **yoghurt** and crumble over the **Greek style salad cheese** to finish.

## Enjoy!