

Chilli Glazed Salmon and Sticky Veg with Garlic Yoghurt Drizzle and Salad

Classic 35-40 Minutes • Mild Spice • 1 of your 5 a day



Potatoes



Red Onion



Roasted Spice and Herb Blend



Garlic Clove



Salmon Fillets



Baby Cucumber



Cider Vinegar



Greek Style Natural Yoghurt



Red Pepper Chilli Jelly



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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, aluminium foil, baking paper, bowl and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Red Onion	1	1½	2
Roasted Spice and Herb Blend	1 sachet	2 sachets	2 sachets
Garlic Clove**	3	4	6
Salmon Fillets** 4)	2	3	4
Baby Cucumber**	1	1½	2
Cider Vinegar 14)	15ml	22ml	30ml
Greek Style Natural Yoghurt** 7)	75g	150g	150g
Red Pepper Chilli Jelly	25g	37g	50g
Baby Leaf Mix**	50g	70g	100g

Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsps	2 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	569g	100g
Energy (kJ/kcal)	2481/593	436/104
Fat (g)	25.3	4.4
Sat. Fat (g)	6.4	1.1
Carbohydrate (g)	67.0	11.8
Sugars (g)	18.5	3.2
Protein (g)	30.0	5.3
Salt (g)	0.55	0.10

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

Allergens

4) Fish 7) Milk 14) Sulphites

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 1cm chunks (no need to peel).

Halve and peel the **red onion**, then cut each **half** into 3 wedges.

Pop both **veg** onto a large baking tray. Drizzle with **oil**, sprinkle over **half the roasted herb and spice blend**, season with **salt and pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.



Cucumber Time

Meanwhile, trim the **cucumber**, then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways.

Add the **cucumber** to a large bowl with the **cider vinegar, sugar and olive oil for the dressing** (see pantry for amount).

Season with **salt and pepper**, then toss to combine.



Roast the Veg

When the oven is hot, roast the **veg** on the middle shelf until golden, 25-35 mins. Turn halfway through.

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the **parcel** until soft, 10-12 mins.



Finishing Touches

Add the **Greek style natural yoghurt** to a small bowl. Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Stir the **roasted garlic** into the **yoghurt**. Season with **salt and pepper**.

Once cooked, drizzle **half the red pepper chilli jelly** over the **salmon**, then drizzle the remaining **jelly** over the **veg**. Toss the **veg** to coat.

Toss your **baby leaves** through the **dressing**.



Bake the Salmon

While the **potatoes** bake, lay the **salmon fillets**, skin-side down, onto a lined medium baking tray. Season with **salt and pepper**, then sprinkle over the remaining **roasted herb and spice blend**.

Roast the **salmon** on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Serve Up

Transfer your **salmon** and **sticky veg** to your serving plates. Serve with the **salad** alongside.

Drizzle over the **garlic yoghurt** to finish.

Enjoy!