



# Korma Spiced Salmon Tacos and Cumin Fries with Mango Slaw and Tomato Salad

Salmon Special | 35-40 Minutes • 2 of your 5 a day

32



Potatoes



White Cumin Seeds



Skin-On Salmon Fillet



Korma Style Paste



Medium Tomato



Lime



Baby Gem Lettuce



Coleslaw Mix



Mango Chutney



Soured Cream



Plain Taco Tortilla

**Pantry Items**  
Oil, Salt, Pepper, Olive Oil

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, baking paper, baking tray and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Skin-On Salmon Fillet** 4)	2	3	4
Korma Style Paste 9)	50g	75g	100g
Medium Tomato	1	1½	2
Lime**	½	1	1
Baby Gem Lettuce**	1	2	2
Coleslaw Mix**	120g	180g	240g
Mango Chutney	40g	60g	80g
Soured Cream** 7)	75g	120g	150g
Plain Taco Tortilla 13)	4	6	8

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	652g 3533 /844	100g 542 /130
Fat (g)	33.2	5.1
Sat. Fat (g)	8.7	1.3
Carbohydrate (g)	98.8	15.2
Sugars (g)	23.5	3.6
Protein (g)	34.3	5.3
Salt (g)	2.69	0.41

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

## Allergens

4) Fish 7) Milk 9) Mustard 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, 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 your Fries on

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **cumin seeds**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



### Make your Mango Slaw

In a large bowl, mix together the **coleslaw mix**, **sliced baby gem**, **mango chutney** and **half the soured cream**.

Season with **salt** and **pepper**, then set your **mango slaw** aside.



### Spice up the Salmon

Meanwhile, lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**.

Using a spoon, evenly spread the **korma style paste** all over the top and sides of the **salmon**.

When the **chips** have roasted for 15 mins, pop the **salmon** on the middle shelf to bake until cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The **salmon** is cooked when opaque in the middle.



### Tortilla Time

Just before the **salmon** is ready, pop the **tortillas** (2 per person) onto a baking tray and into the oven to warm through, 1-2 mins.

Once the **salmon** is cooked, gently peel off and discard the skin. Using a fork, flake the **fish** into bite-sized pieces.



### Finish the Prep

While everything roasts, cut the **tomato** into 1cm chunks. Cut the **lime** into wedges.

In a small bowl, add your **tomato chunks**, a squeeze of **lime juice**, a drizzle of **olive oil** and season with **salt** and **pepper**. Mix well, then set aside for later.

Trim the **baby gem**, halve lengthways, then thinly slice.



### Finish and Serve

When everything's ready, pop the **tortillas** on your plates.

Top each with a spoonful of **mango slaw**, then carefully arrange your **spiced salmon** on top. Scatter over some **tomato salad** and dollop on the remaining **soured cream** - as much as you'd like.

Serve the **cumin fries**, **lime wedges** and any remaining **mango slaw** alongside. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!