



Easy Indian Salmon Traybake

with Roast Veggie Toss & Garlic Yoghurt

Grab your Meal Kit
with this symbol



Carrot



Zucchini



Chopped Potato



Garlic



Greek-Style
Yoghurt



Salmon



Mumbai Spice
Blend



Baby Spinach
Leaves



Hands-on: **10-20 mins**
Ready in: **30-40 mins**



Naturally gluten-free
Not suitable for Coeliacs



Eat me first



Calorie Smart

They say that the simple things in life are often the best, so we've taken this piece of inspo to create an easy, satisfying meal of spiced salmon and three veg. Enjoy!

Pantry items

Olive Oil, 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

Two oven trays lined with baking paper ·
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
chopped potato	1 packet	2 packets
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
salmon	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2435kJ (581Cal)	389kJ (92Cal)
Protein (g)	38.9g	6.2g
Fat, total (g)	26.7g	4.3g
- saturated (g)	6.8g	1.1g
Carbohydrate (g)	41.7g	6.7g
- sugars (g)	14.5g	2.3g
Sodium (mg)	378mg	60mg

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 the oven to **220°C/200°C fan-forced**. Slice the **carrot** and **zucchini** into rounds. Place the **carrot**, **zucchini** and **chopped potato** on a lined oven tray. Drizzle with **olive oil** and season. Toss to coat and spread out evenly on the tray. Bake until tender, **25-30 minutes**.

2



Get prepped

While the veggies are cooking, finely chop the **garlic**. Heat a medium frying pan over a medium-high heat with a drizzle of **olive oil** and the **garlic**. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek-style yoghurt** to the garlic oil and stir to combine. Season to taste and set aside. In a medium bowl, combine the **salmon**, **Mumbai spice blend** and a drizzle of **olive oil**. Season.

3



Bake the salmon

Place the **salmon**, skin-side down, on a second lined oven tray. Bake until just cooked through, **8-10 minutes**. When the **veggies** have finished roasting, add the **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray. Toss to combine.

4



Serve up

Divide the Indian salmon between plates and serve with the roast veggie toss. Drizzle the garlic yoghurt over the salmon to serve.

Enjoy!