



Smart Mango Salmon

with Curried Chickpeas and Crispy Shallots

Carb Smart

Calorie Smart

30 Minutes



-  Salmon Fillets, skin-on
-  Chickpeas
-  Carrot
-  Cilantro
-  Crispy Shallots
-  Mango Chutney
-  Vegetable Stock Powder
-  Cumin-Turmeric Spice Blend



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HELLO MANGO CHUTNEY
This sweet and zingy condiment pairs well with Indian flavours!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, medium bowl, vegetable peeler, strainer, aluminum foil, large pot, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Chickpeas	370 ml	740 ml
Carrot	170 g	340 g
Cilantro	7 g	14 g
Crispy Shallots	14 g	28 g
Mango Chutney	2 tbsp	4 tbsp
Vegetable Stock Powder	1 tbsp	2 tbsp
Cumin-Turmeric Spice Blend	1 ½ tsp	3 tsp
Butter*	1 tbsp	2 tbsp
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

- Peel, then quarter **carrot** lengthwise. Cut into ¼-inch quarter-moons.
- Roughly chop **cilantro**.
- Using a strainer, drain and rinse **chickpeas**.
- Add **half of the chickpeas** (use all for 4 ppl) to a medium bowl. Using a fork, gently press on **chickpeas** until they just burst.



Cook salmon

- Meanwhile, line a baking sheet with aluminum foil.
- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **salmon** on the prepared baking sheet. Spread ½ **tbsp mango chutney** over **each piece of salmon**.
- Drizzle ½ **tsp oil** over **each piece of salmon**.
- Broil in the **middle** of the oven until lightly charred and cooked through, 7-10 min.**



Cook carrots

- Heat a large pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil** and **carrots**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 3-4 min.



Finish and serve

- Add **half the cilantro** to **chickpeas**. Season with **salt** and **pepper**, to taste, then stir to combine.
- If desired, gently remove and discard salmon skin by sliding a spatula between **salmon** and salmon skin.
- Divide **curry** and **salmon** between bowls.
- Sprinkle **half the crispy shallots** (use all for 4 ppl) and **remaining cilantro** over top.

Dinner Solved!



Cook chickpeas

- Add **mashed** and **whole chickpeas**, **Cumin-Turmeric Spice Blend**, **vegetable stock powder**, **1 tbsp** (2 tbsp) **butter**, **1 tbsp** (2 tbsp) **mango chutney** and **1 ½ cups** (3 cups) **water**, then stir to combine.
- Bring **curry** to a boil, then reduce heat to medium-low. Cover with a lid, then cook, stirring occasionally, until **curry** is slightly thickened and fragrant, 6-8 minutes.
- Remove from heat and cover to keep warm.