



Caribbean Style Spiced Salmon

with Kiwi Salsa, Chips and Zesty Slaw

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

11



Potatoes



Salmon Fillets



Caribbean Style Jerk



Lime



Coleslaw Mix



Mayonnaise



Flat Leaf Parsley



Kiwi



Chilli Flakes

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, baking paper, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Salmon Fillets** 4)	2	3	4
Caribbean Style Jerk 9)	1 sachet	1 sachet	2 sachets
Lime**	1	1	1
Coleslaw Mix**	120g	180g	240g
Mayonnaise 8) 9)	32g	48g	64g
Flat Leaf Parsley**	1 bunch	1½ bunches	2 bunches
Kiwi**	1	1½	2
Chilli Flakes	1 pinch	1 pinch	2 pinches
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Salsa*	2 tbsps	3 tbsps	4 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	494g	100g
Energy (kJ/kcal)	2478 /592	502/120
Fat (g)	29.1	5.9
Sat. Fat (g)	4.6	0.9
Carbohydrate (g)	61.7	12.5
Sugars (g)	12.3	2.5
Protein (g)	26.6	5.4
Salt (g)	0.95	0.19

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

Allergens

4) Fish 8) Egg 9) Mustard

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

Contact

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Chip, Chip, Hooray

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

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

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the middle shelf until golden, 30-35 mins. Turn halfway through.



Finish the Prep

Roughly chop the **parsley** (stalks and all).

Peel the **kiwi**, then cut into 1cm chunks.



Bake the Salmon

Meanwhile, lay the **salmon fillets**, skin-side down, onto a lined baking tray. Sprinkle over the **Caribbean style jerk**, season with **salt** and **pepper**, then rub into the **fish**.

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



Time to Salsa

In another medium bowl, combine the **parsley**, **kiwi** and **chilli flakes** (add less if you'd prefer things milder) with a squeeze of **lime juice**.

Mix in the **sugar** and **olive oil for the salsa** (see pantry for both amounts), season with **salt** and **pepper**.

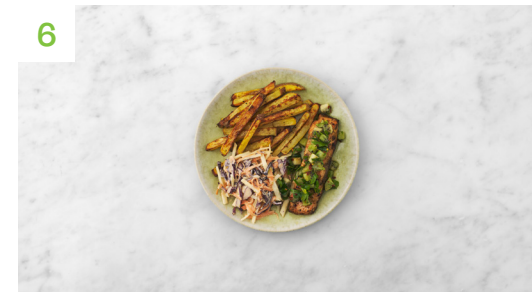
Taste and season with more **lime juice**, **salt** and **sugar** to your liking.



Slaw Time

While everything bakes, zest and halve the **lime**.

In a medium bowl, combine the **coleslaw mix**, **mayonnaise** and **lime zest**. Season with **salt** and **pepper**, then set your **slaw** aside.



Serve Up

Transfer your **Caribbean style salmon** to your plate and spoon over the **kiwi salsa**.

Serve with the **chips** and **zesty slaw** alongside.

Enjoy!