



Mango Chutney Glazed Curried Salmon

with Sweet Potato Wedges and Baby Leaf & Lime Slaw

46

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day



Sweet Potato



Salmon Fillets



Curry Powder Mix



Lime



Mayonnaise



Coleslaw Mix



Baby Leaf Mix



Mango Chutney

Pantry Items
Oil, Salt, Pepper

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 and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---------------------|----------|----------|-----------|
| Sweet Potato | 2 | 3 | 4 |
| Salmon Fillets** 4) | 2 | 3 | 4 |
| Curry Powder Mix | 1 sachet | 1 sachet | 2 sachets |
| Lime** | 1 | 1 | 1 |
| Mayonnaise 8) 9) | 32g | 48g | 64g |
| Coleslaw Mix** | 120g | 180g | 240g |
| Baby Leaf Mix** | 20g | 50g | 50g |
| Mango Chutney | 40g | 60g | 80g |

**Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 499g | 100g |
| Energy (kJ/kcal) | 2444 /584 | 490 /117 |
| Fat (g) | 21.5 | 4.3 |
| Sat. Fat (g) | 3.6 | 0.7 |
| Carbohydrate (g) | 70.2 | 14.1 |
| Sugars (g) | 30.6 | 6.1 |
| Protein (g) | 27.1 | 5.4 |
| Salt (g) | 1.34 | 0.27 |

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, 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.


SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Wedges

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

Chop the **sweet potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** 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, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Finishing Touches

Just before everything's ready, toss the **baby leaves** through the **slaw**.



Roast the Salmon

Meanwhile, lay the **salmon fillets**, skin-side down, onto a lined medium baking tray.

Sprinkle over the **curry powder**, drizzle over some **oil** and season with **salt** and **pepper**.

When the **wedges** are halfway through cooking, 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.



Amazing Glaze

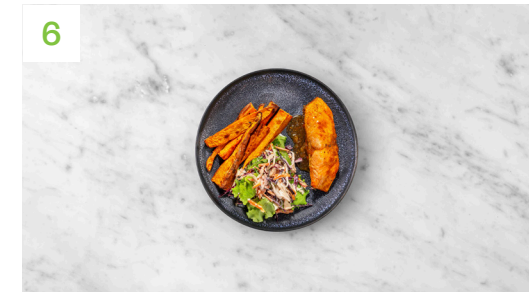
When the **salmon** is cooked, drizzle over the **mango chutney** to glaze.



Mix your Slaw

Meanwhile, halve the **lime**.

In a medium bowl, combine the **mayo** and a squeeze of **lime juice**. Stir in the **coleslaw mix**. Season with **salt** and **pepper**.



Serve Up

Share the **glazed salmon** between your plates.

Serve the **sweet potato wedges** and **coleslaw** alongside.

Enjoy!