



Mexican Spiced Salmon Roll

with Sweet Potato Wedges and Charred Corn and Avocado Salsa

N° 18

STREET FOOD 40 Minutes • 3.5 of your 5 a day



Sweet Potato



Lime



Sweetcorn



Brioche Bun



Soured Cream



Mexican Spice



Salmon Fillet



Avocado



Baby Plum Tomatoes

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Two Baking Trays, Frying Pan and Colander.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Lime**	1	1	2
Sweetcorn	1 small tin	¾ large tin	1 large tin
Brioche Bun 7) 8) 11) 13)	2	3	4
Soured Cream 7)**	75g	100g	150g
Mexican Spice	1 small pot	¾ large pot	1 large pot
Salmon Fillet 4)**	2	3	4
Avocado**	1	1½	2
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	761g	100g
Energy (kJ/kcal)	4448/1063	585/140
Fat (g)	50	7
Sat. Fat (g)	17	2
Carbohydrate (g)	111	15
Sugars (g)	29	4
Protein (g)	34	4
Salt (g)	1.83	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Get Prepped

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel!). Pop them on a large baking tray and drizzle with **oil** and a pinch of **salt** and **pepper**. Roast on the top shelf of your oven until golden on the outside and soft in the middle, 25-30 mins. Meanwhile, zest and halve the **lime**. Drain the **sweetcorn** in a colander. Open your **brioche rolls** by slicing three quarters of the way through the centre.



4. Make the Salsa

Slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to cut it in half. Twist and pull it apart. Remove the stone, scoop out the flesh onto a board. Chop into small ½cm chunks. Chop the **tomatoes** into small ½cm pieces. Combine the **tomatoes**, **avocado** and **sweetcorn** together in a bowl and add a squeeze of **lime juice**, drizzle of **olive oil** and pinch of **salt** and **pepper**, tossing gently to combine.



2. Fry the Corn

Heat a frying pan on medium-high heat (no **oil**). Once hot, add the **sweetcorn** and fry until nicely charred, 5-6 mins. Stir only twice in this time. While the **corn** is charring, put a **third** of the **soured cream** in a bowl. Add the **Mexican spice** (add less if you don't like heat), **lime zest** and a pinch of **salt** and **pepper**. Stir to combine. Once the **corn** is ready, remove from the heat and set aside.



5. Flake the Salmon

Once the **salmon** is cooked, remove the tray from the oven and, using a flat spatula, lift the **flesh** from the skin (discard the skin). Pop the **flesh** into another bowl with a squeeze of **lime juice**, drizzle of **olive oil** and **salt** and **pepper**. Use two forks to gently pull it apart into **flakes**. Add a spoonful of the remaining **soured cream** to the **salmon** and gently fold in.



3. Bake the Salmon

Put the **salmon** skin side down on a baking paper lined baking tray. Spoon the **spiced soured cream mixture** onto the top of each **fillet**. Spread over the top and sides with the back of your spoon to coat evenly (discard any leftover in the bowl). **IMPORTANT:** Wash your hands after handling raw fish. When the **wedges** have been in the oven for 20 mins, turn them and add the **salmon** to the middle shelf of the oven and bake until cooked, 10-12 mins. **IMPORTANT:** The salmon is cooked when opaque all the way through.



6. Finish and Serve

Add the **brioche rolls** to the oven for 2 mins, then fill the warmed **brioche rolls** with the **flaked salmon** and top with a spoon of the **salsa**. Serve with the **sweet potato wedges**, remaining **salsa** and **soured cream** alongside.

Enjoy!