



# One-Tray Mumbai Salmon & Veggie Medley

with Garlic Yoghurt & Spring Onion

EASY TRAYBAKE

Grab your meal kit with this number

6



Potato



Onion



Broccoli



Spring Onion



Beetroot



Garlic



Peeled Pumpkin Pieces



Mumbai Spice Blend



Salmon



Greek-Style Yoghurt



Salmon



Halloumi/Grill Cheese

Prep in: 10-20 mins  
Ready in: 35-45 mins

Eat Me Early

Take the fuss out of dinner tonight with this vibrant, Indian-inspired traybake. A colourful medley of potato, pumpkin, beetroot and broccoli seasoned in our fragrant Mumbai spice blend, roasts up perfectly alongside tender salmon. Finished with a dollop of creamy garlic yoghurt and a sprinkle of spring onion, this fuss-free fare brings all the good vibes to the dinner table.

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
onion	1	2
broccoli	½ head	1 head
spring onion	1 stem	2 stems
beetroot	1	2
garlic	2 cloves	4 cloves
peeled pumpkin pieces	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
salmon	280g	560g
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2500kJ (599Cal)	386kJ (92Cal)
Protein (g)	43.2g	6.7g
Fat, total (g)	29.6g	4.6g
- saturated (g)	6g	0.9g
Carbohydrate (g)	34.5g	5.3g
- sugars (g)	20.7g	3.2g
Sodium (mg)	324mg	50mg
Dietary Fibre (g)	12.5g	1.9g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **onion** into wedges.
- Chop **broccoli** (see ingredients) into small florets, making sure to include the stalk.
- Thinly slice **spring onion**.
- Cut **beetroot** into 1cm chunks.
- Finely chop **garlic**.



## Add the salmon & make the garlic yoghurt

- Remove tray from oven and place **salmon** and **broccoli** on top. Season with **salt** and **pepper** and drizzle with **olive oil**.
- Bake until just cooked through, a further **8-10 minutes**.
- Meanwhile, in a small microwave-safe bowl add **garlic** and a drizzle of **olive oil**. Microwave in **10 second** bursts until fragrant.
- Add **Greek-style yoghurt** to **garlic oil** mixture and stir to combine. Season to taste with **salt** and **pepper**.



## Start the traybake

- Place **potato**, **onion**, **beetroot** and **peeled pumpkin pieces** on a lined oven tray.
- Drizzle with **olive oil**, sprinkle over **Mumbai spice blend**, season with **salt** and toss to coat.
- Bake until just tender, **15-20 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.



## Finish & serve

- Divide Mumbai salmon and veggie medley between plates.
- Dollop over garlic yoghurt and garnish with spring onion to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### SALMON:

Follow method above, baking across two oven trays if necessary.



#### HALLOUMI/GRILL CHEESE:

Cut into 2cm chunks. Cook in a frying pan, tossing occasionally, until browned, 2-4 minutes.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

