



# Smart Mango-Glazed Salmon

## with Curried Chickpeas and Crispy Shallots

Smart Meal

Spicy

25 Minutes

\*2 Double



Salmon Fillets, skin-on  
500 g | 1000 g

Customized Protein

+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Salmon Fillets, skin-on  
250 g | 500 g



Chickpeas  
1 | 2



Carrot  
1 | 2



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

**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.

**Pantry items** | Butter, oil, salt, pepper

**Cooking utensils** | Baking sheet, medium bowl, vegetable peeler, measuring spoons, strainer, aluminum foil, measuring cups, large pot, paper towels

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## Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Peel, then quarter **carrot** lengthwise. Cut into ¼-inch quarter-moons.
- Roughly chop **cilantro**.
- Using a strainer, drain and rinse **chickpeas**.
- Add **chickpeas** to a medium bowl. Using a fork, gently mash until they just burst.

2



## Cook carrots

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

3



## Cook chickpea stew

- Add **chickpeas**, **Cumin-Turmeric Spice Blend**, **vegetable stock powder**, **1 tbsp** (2 tbsp) **butter**, **1 tbsp** (2 tbsp) **mango chutney** and **1 ¼ cups** (2 cups) **water**. Stir to combine.
- Bring **chickpea stew** to a boil, then reduce heat to medium-low.
- Cover with a lid, then cook, stirring occasionally, until **stew** is slightly thickened and fragrant, 6-8 minutes.
- Remove from heat and cover to keep warm.

4



## Cook salmon

×2 Double | **Salmon Fillets**

- Meanwhile, pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange on a foil-lined baking sheet.
- Spread **½ tbsp mango chutney**, then 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.\*\*

5



## Finish and serve

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

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 4 | Cook salmon

×2 Double | **Salmon Fillets**

If you've opted for **double salmon**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of salmon**.

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



Issue with your meal? Scan the QR code to share your feedback.