

HELLO Smart Mango-Glazed Salmon with Curried Chickness and Crispu Shallots

with Curried Chickpeas and Crispy Shallots

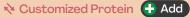
Smart Meal

Spicy

25 Minutes



Salmon Fillets. skin-on **500 g | 1000 g**









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 🎥





Salmon Fillets. skin-on 250 g | 500 g









1 2





Crispy Shallots



14 g | 28 g 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. Cooking utensils | Baking sheet, medium bowl, vegetable peeler, measuring spoons, strainer, aluminum foil, measuring cups, large pot, paper towels



Prep

- Before starting, preheat the broiler to high.
- · Wash and dry all produce.
- Peel, then quarter carrot lengthwise. Cut into 1/4-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.



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.



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 1/4 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.



Cook salmon

😢 Double | Salmon Fillets 🕽

- Meanwhile, pat **salmon** dry with paper towels, then season with salt and pepper.
- Arrange on a foil-lined baking sheet.
- Spread 1/2 tbsp mango chutney, then drizzle 1/2 tsp oil over each piece of salmon.
- Broil in the middle of the oven until lightly charred and cooked through, 7-10 min.**



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

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.

