

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**



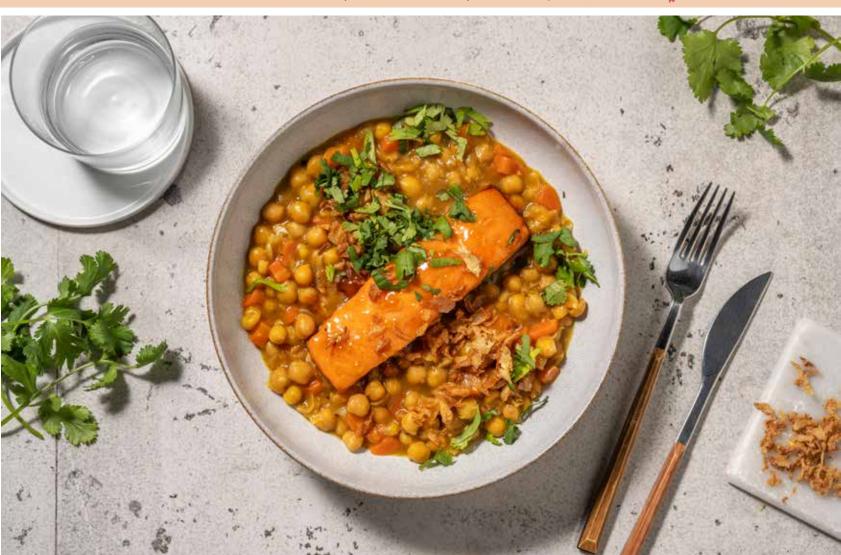








If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥





Salmon Fillets. skin-on



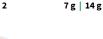
370 ml | 740 ml

250 g | 500 g





1 | 2









14 g | 28 g

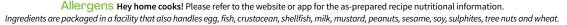
Mango Chutney 2 tbsp | 4 tbsp



Vegetable Stock Powder 1 tbsp | 2 tbsp



Cumin-Turmeric Spice Blend 1 ½ tsp | 3 tsp



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.

