

Herby Tahini and Pomegranate Salmon

with Glazed Carrots

hellóchef

Enjoy this juicy salmon bake packed with Middle Eastern flavours!

Cals 855 • Prot 45 • Carbs 66 • Fat 50

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🕒 cook: 30 min

R2678



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salmon	2 ppl	3 ppl	4 ppl	
Skin-on salmon fillet 6*	350	525	700	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	1	2	2	Tbsp
Fresh coriander	15	15	15	Grams
Fresh parsley	15	15	15	Grams
Fresh mint	10	10	10	Grams
Almond flakes 1*, 2*	30	45	60	Grams
Tahini 3*	30	40	60	Grams
Water	30	45	60	ML
Lemon	1	1	1	Piece
Pomegranate	1	1	2	Piece
Sumac	2	2	4	Grams
Pomegranate molasses	20	30	40	Grams
Carrots				
Carrot	3	5	6	Piece
Butter 4*	20	30	50	Grams
Honey	15	15	30	Grams
Salt	0.5	1	1	Tsp

Allergens

*6 Fish, *1 Peanuts, *2 Tree Nuts, *3 Sesame Seeds, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3234 / 855
Fat (g)	50.3
of which saturates (g)	11.3
Carbohydrate (g)	66
of which sugars (g)	31.8
Fiber (g)	15
Protein (g)	45.3
Salt (g)	1.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Bake salmon

Preheat the oven to 200°C/180°C fan. Portion the **salmon**. Place the **salmon fillets** onto a lined baking tray, sprinkle with **salt** and **pepper** and drizzle with **olive oil**. Bake for 15 min until cooked through but slightly pink in the middle.



2 Boil carrots

Meanwhile, peel and slice the **carrots**. Bring a pan of water to a boil and cook the **carrots** for 8-10 min until tender, then drain. Chop the **fresh coriander, parsley** and **mint** leaves. Roughly chop the **almond flakes**. Combine the **almond flakes** and the chopped **herbs** in a bowl.

Tip! For an even more fragrant crust, toast the almond flakes in a hot, dry pan first.



3 Prep toppings

Combine the **tahini** and **measured water** with {2/3/4} Tbsp of **lemon** juice. Halve the **pomegranate**. Hold each **pomegranate** half over a large bowl, seeds facing down and hit the skin with a wooden spoon, squeezing a little to release the seeds.



4 Glaze carrots

Heat a pan over a medium heat with the **butter**. Add the drained **carrots** and the **honey**. Cook, stirring, for 4-5 min until the **carrots** are glazed. Season with a pinch of **salt** and keep warm.



5 Finish

Spread the **tahini** sauce over the cooked **salmon**. Top with the **almond** and **herb** mix. Sprinkle with a pinch of **sumac** powder.



6 Serve

Divide the **pomegranate salmon** amongst plates. Drizzle with the **pomegranate molasses**. Top with the **pomegranate seeds**. Serve the glazed **carrots** on the side.