

Salmon Tikka Masala

with Quinoa

hellóchef

Enjoy this succulent Indian-spiced curry with healthy sides!

Cals 654 • Prot 53 • Carbs 60 • Fat 25

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🕒 cook: 30 min

R2771

Before you start

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

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Salmon goujons 6*	350	525	700	Grams
Red onion	1	1	2	Piece
Water	300	400	600	ML
Vegetable stock cube 15*	1	1	1	Piece
Tomato paste	50	70	70	Grams
Vegetable oil	1	1	1	Tbsp
Salt	0.5	0.5	1	Tsp
Ginger garlic paste	10	15	20	Grams
Smoked paprika powder	2	4	4	Grams
Curry powder	5	8	10	Grams
Garam masala	2	4	4	Grams
Chipotle powder	2	2	4	Grams
Cooking cream 4*	100	200	200	ML
Honey	15	15	30	Grams
Quinoa				
White quinoa	100	150	200	Grams
Water	250	375	500	ML
Salt	0.5	0.5	1	Tsp
To serve				
Cucumber	2	3	4	Piece
Fresh coriander	15	15	15	Grams
Lime	1	2	2	Piece

Allergens

*6 Fish, *15 Celery, *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)	2727 / 654
Fat (g)	24.8
of which saturates (g)	11.6
Carbohydrate (g)	60
of which sugars (g)	12.8
Fiber (g)	7.5
Protein (g)	53
Salt (g)	0.9

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



1 Prep

Boil the **measured water** and dissolve the {0.5/1/1} **vegetable stock cube** and **tomato paste** in it - This is your **stock**. Finely peel and chop the **onion**.



2 Boil quinoa

Add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water** to a pot and bring it to a boil. Add the **quinoa** and a pinch of **salt**. Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.



3 Start curry

Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened. Add the **ginger garlic paste, smoked paprika, curry powder** and **garam masala**. Fry for 2 min further. Add the **stock**, cover with a lid and simmer for 10 min.



4 Make salad

Meanwhile, finely chop the **cucumber**. Finely chop the **coriander** leaves. Slice the **lime** into wedges. Place the **cucumber** and **coriander** in a bowl and add a squeeze of **lime** juice. Reserve the remaining **lime** wedges.

Tip! If cooking for kids, reserve a portion of the chopped cucumber before adding the lime and coriander.



5 Add salmon

Add the **honey, cream** and **chipotle powder (spicy!)**. Stir through. Place the **salmon goujons** on top of the **curry** and cook, covered, for 5-7 min or until the **salmon** is cooked through. Remove the pan from the heat and season with a generous squeeze of **lime** juice.

Tip! If cooking for kids, reserve a portion of the curry sauce before adding the chipotle powder. Fry a portion of the salmon goujons in a separate pan for 5-7 min or until the salmon is cooked through.



6 Serve

Serve the **salmon curry** over the **quinoa** with the **limey cucumbers** to the side.

Tip! If cooking for kids, serve the plain fried salmon, quinoa and plain cucumbers separately. Serve the reserved curry sauce to the side.