

Greek Salmon with Sweet Potato Fries

Salad and Tzatziki

hellóchef

Tzatziki is a dip found in Southern European and Middle Eastern cuisines. It is commonly served as part of a mezze or alongside grilled meat.

Cals 678 • Prot 44 • Carbs 67 • Fat 28

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🕒 cook: 35 min

R3411



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
Garlic cloves	1	1	2	Piece
Balsamic vinegar 14*	15	22	30	ML
Olive oil	2	3	4	Tbsp
Smoked paprika powder	2	2	4	Grams
Dried oregano	2	2	4	Grams
Chilli flakes	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp

Sweet potato fries

Sweet potatoes	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp

Tzatziki

Cucumber	1	1	2	Piece
Natural yogurt 4*	170	170	340	Grams
Salt	0.5	0.5	1	Tsp

Salad

Lemon	1	1	2	Piece
Honey	15	15	30	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Cherry tomatoes	150	250	300	Grams
Baby spinach	60	90	125	Grams

Allergens

*6 Fish, *14 Sulphur Dioxide, *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)	2837 / 678
Fat (g)	28.3
of which saturates (g)	6.5
Carbohydrate (g)	67
of which sugars (g)	25.1
Fiber (g)	11.2
Protein (g)	43.7
Salt (g)	1.6

*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 fries

Preheat the oven to 200°C/180°C fan. Slice the **sweet potatoes** (skins on) into **fries**. Add the **fries** to a large baking tray with a generous drizzle of **vegetable oil**. Toss. Sprinkle with a generous pinch of **salt**. Bake for 30 min or until golden and crisp.



2 Marinate salmon

Meanwhile, portion the **salmon** and place on a plate, skin side down. Peel and mince the **garlic**. In a small bowl, combine the **garlic, balsamic vinegar, olive oil, smoked paprika, oregano, chilli flakes (spicy!)** and a pinch of **salt** and **pepper**. Spoon the mix onto the **salmon** and set aside.

Tip! Save some of the garlic and add it to the tzatziki! Make sure to season the salmon skin with salt.



3 Prep salad

Meanwhile, in a large bowl, whisk together half the **lemon** juice (reserve the rest for the tzatziki!), the **honey** and **olive oil**. Season with **salt** and **pepper** – this is your **dressing**. Chop the **tomatoes** in half and add to the bowl.

Tip! We add the spinach leaves to the salad at the very end, so that they don't wilt!



4 Make tzatziki

Grate the **cucumber**, then squeeze out any excess water. Add the grated **cucumber** to a bowl. Add the **yogurt** and a squeeze of any remaining **lemon** juice. Mix well, season to taste with **salt** and set aside. This is your **tzatziki**.



5 Fry salmon

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the marinated **salmon**, skin side down, to the pan. Fry for 5–6 min until the skin is slightly charred. Flip and fry for a final 2 min or until cooked through but juicy.



6 Serve

Add the **spinach** to the **tomatoes** and **dressing** and toss. Serve the **salmon** alongside the **sweet potato fries, salad** and **tzatziki**.