

# Salmon Tacos with Mango Salsa and Chipotle Cream

hellóchef

Try these tropical tacos with spicy chipotle cream, juicy salmon and sweet mango!

Cals 720 • Prot 33 • Carbs 82 • Fat 32

hellochef.com • 04-383-93-99 • hello@hellochef.com



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	
Salmon goujons <b>6*</b>	200	350	400	Grams
Black pepper	0.5	0.5	1	Tsp
Salt	0.5	0.5	2	Tsp
Vegetable oil	1	1	2	Tbsp
Salsa				
Mango	1	1	2	Piece
Cucumber	1	2	2	Piece
Fresh coriander	15	15	15	Grams
Black sesame seeds <b>3*</b>	10	15	20	Grams
To serve				
Lime	1	1	2	Piece
Sour cream <b>4*</b>	60	90	120	Grams
Smoked paprika powder	2	2	4	Grams
Honey	15	15	15	Grams
Salt	0.5	0.5	1	Tsp
Ketchup	8	8	16	Grams
Chipotle powder	2	2	2	Grams
Butter <b>4*</b>	20	30	50	Grams
6" tortilla wraps <b>10*, 11*</b>	6	9	12	Piece

Allergens

**\*6 Fish, \*3 Sesame Seeds, \*4 Milk, \*10 Wheat, \*11 Gluten**

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)	3004 / 720
Fat (g)	31.5
of which saturates (g)	13.2
Carbohydrate (g)	82
of which sugars (g)	29.1
Fiber (g)	5.3
Protein (g)	32.7
Salt (g)	2.5

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



1 Make salsa

Peel and cube the **mango**. Chop the **cucumbers**. Finely chop the **coriander**. Juice the **lime**. To a bowl, add half of the **lime** juice, the **mango, black sesame seeds, coriander** and **cucumbers**. Toss and set aside.



2 Prep

In a second bowl, combine the remaining **lime** juice, **sour cream, smoked paprika powder, honey, salt** and **ketchup** with a pinch of **chipotle powder (spicy!)**. Set aside. This is your **chipotle cream**.



3 Fry salmon

Heat a pan over a medium-high heat with a drizzle of **oil**. Add the **salmon goujons** with a pinch of **salt** and fry for 2-3 min or until cooked. Flake the **salmon** with a spoon. Transfer the **salmon** to a bowl, wipe and reserve the pan.

**Tip!** Feeling confident today? Fry the tortillas at the same time.



4 Fry tortillas

Return the reserved pan to a medium-high heat. Add small knob of **butter**. Once melted, add a **tortilla** and cook until both sides get crispy and lightly browned. Transfer to a plate. Repeat with all of the **tortillas**.



5 Serve

Load the fried **tortillas** with the **salmon, chipotle cream** and **mango salsa**.