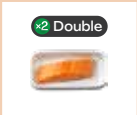




BBQ-Seasoned Salmon

with Red Onion and Apple Salad

20-min



Salmon Fillets, skin-on
500 g | 1000 g

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or

*2 Double

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](https://www.hellofresh.ca)



Salmon Fillets, skin-on
250 g | 500 g



Spring Mix
113 g | 227 g



Almonds, sliced
28 g | 56 g



Red Onion
1 | 2



Gala Apple
1 | 2



White Wine Vinegar
1 tbsp | 2 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, sugar, pepper

Cooking utensils | Baking sheet, measuring spoons, aluminum foil, large bowl, whisk, large non-stick pan, paper towels

1



Broil onions

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

- Peel, halve, then cut **onion** into 2-inch cubes.
- Add **onions** and $\frac{1}{2}$ **tblsp** (1 **tblsp**) **oil** to a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Broil in the **middle** of the oven, until tender-crisp, 8-10 min.

2



Prep

***2 Double** | **Salmon Fillets**

- Meanwhile, core, then cut **apple** into $\frac{1}{4}$ -inch pieces.
- Pat **salmon** dry with paper towels, then sprinkle with **BBQ Seasoning** and season with **salt**.

3



Make dressing

- Whisk together **vinegar**, $\frac{1}{2}$ **tsp** (1 **tsp**) **sugar** and **2 tblsp** (4 **tblsp**) **oil** in a large bowl.
- Add **apples** to the bowl, then toss to coat. Set aside.

4



Toast almonds

- Heat a large non-stick pan over medium heat.
- Add **almonds** to the dry pan.
- Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on almonds so they don't burn!)
- Transfer **toasted almonds** to a plate. Carefully wipe the pan clean.

5



Cook salmon

- Reheat the same pan over high.
- When hot, add $\frac{1}{2}$ **tblsp** (1 **tblsp**) **oil**, then **salmon**.
- Pan-fry, until 'blackened' or dark golden-brown and cooked through, 3-4 min per side.**

6



Finish and serve

- Add **onions** and **spring mix** to the bowl with **apples** and **dressing**. Toss to coat.
- Divide **salad** between plates and top with **BBQ-seasoned salmon**.
- Sprinkle **toasted almonds** over top.

Measurements
within steps

1 tblsp (2 **tblsp**) **oil**
2 person 4 person Ingredient

2 | Prep salmon

***2 Double** | **Salmon Fillets**

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of salmon**. Work in batches, if necessary.

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.