



# Cal Smart Apple and Salmon Salad with Garlic Croutons

Calorie Smart

30 Minutes



-  Salmon Fillets, skin-on
-  Ciabatta Roll
-  Baby Spinach
-  Gala Apple
-  Garlic, cloves
-  White Wine Vinegar
-  Dried Cranberries
-  Feta Cheese, crumbled
-  Shallot

## HELLO FETA CHEESE

*A salty, briny cheese with a crumbly texture!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, zester, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Ciabatta Roll	1	2
Baby Spinach	113 g	227 g
Gala Apple	1	2
Garlic, cloves	2	4
White Wine Vinegar	1 tbsp	2 tbsp
Dried Cranberries	¼ cup	½ cup
Feta Cheese, crumbled	¼ cup	½ cup
Shallot	50 g	100 g
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## 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.*

## Contact

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## Prep and marinate shallots

Peel, then thinly slice **shallot**. Core, then cut **apple** into ½-inch pieces. Peel, then mince or grate **garlic**. Whisk together **vinegar**, **1 tbsp oil** and **¼ tsp sugar** (dbl both for 4 ppl) in a large bowl. Add **shallots**. Season with **salt** and **pepper**, then toss to coat. Set aside.



## Cook salmon

Pat **salmon** dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan over medium-high. When hot, add **1 tsp oil** (dbl for 4 ppl), then **salmon**, skin-side down. Pan-fry until golden-brown and cooked through, 3-4 min per side.\*\*



## Bake croutons

Cut **ciabatta** into 1-inch pieces. Add **ciabatta**, **garlic** and **1 tsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Bake in the **top** of the oven, stirring halfway through, until **ciabatta** is light golden, 10-12 min.



## Assemble salad

Add **spinach**, **apples**, **croutons**, **dried cranberries** and **half the feta** to the bowl with **shallots and dressing**. Season with **salt** and **pepper**, then toss to coat.



## Sear apples

Meanwhile, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **apples**. Cook, stirring often until **apples** are golden-brown, 2-3 min. Transfer **apples** to a small bowl. Set aside.



## Finish and serve

Divide **salad** between plates. Top with **salmon**. Sprinkle **remaining feta** over top.

## Dinner Solved!