

Cal Smart Apple and Salmon Salad

with Garlic Croutons

Calorie Smart

30 Minutes





Salmon Fillets,



Ciabatta Roll

skin-on



Baby Spinach





Garlic, cloves



White Wine Vinegar

Gala Apple

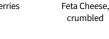


Dried Cranberries





Shallot



Start here

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

Bust out

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

Inaredients

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	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	⅓ cup	½ cup
Feta Cheese, crumbled	⅓ cup	½ cup
Shallot	50 g	100 g
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	1/4 tsp	½ tsp
Oil*		
Salt and Pepper*		

^{*} Pantry items

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.



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 1/4 tsp sugar (dbl both for 4 ppl) in a large bowl. Add **shallots**. Season with **salt** and pepper, then toss to coat. Set aside.



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.



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.



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.**



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.



Finish and serve

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

Dinner Solved!

Contact

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