



Cal Smart Apple and Salmon Salad

with Garlic Croutons

Calorie Smart

30 Minutes



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



Scan the QR code to tell us about your delivery experience.

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, 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 Puree	1 tbsp	2 tbsp
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

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Prep and marinate shallots

- Peel, then thinly slice **shallot**.
- Core, then cut **apple** into ½-inch pieces.
- Whisk together **vinegar**, **2 tsp 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 puree** 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 **marinated shallots**. 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 bowls. Top with **salmon**.
- Sprinkle **remaining feta** over top.

Dinner Solved!