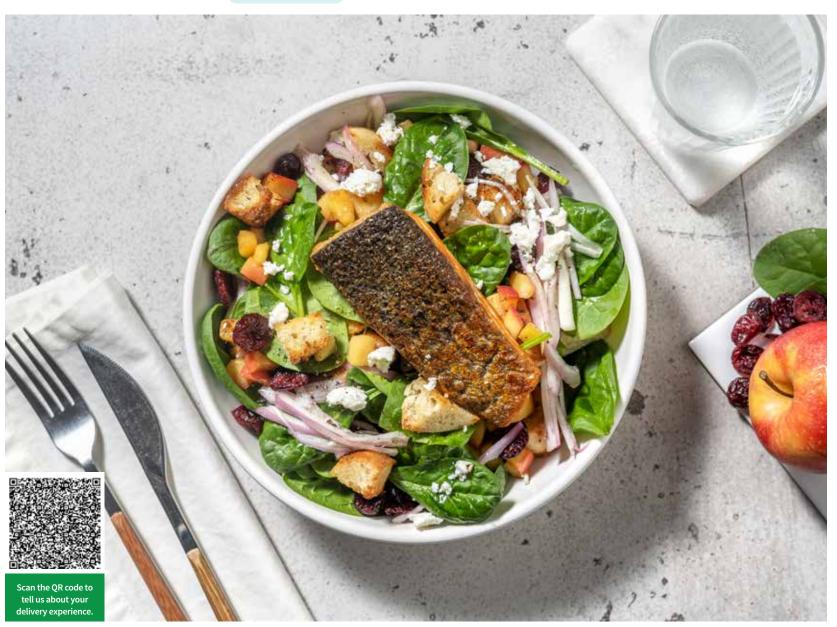


# Cal Smart Apple and Salmon Salad

with Garlic Croutons

Calorie Smart

30 Minutes





Salmon Fillets,



skin-on





Gala Apple







Garlic Puree





crumbled

White Wine Vinegar

**Dried Cranberries** 



Shallot

# 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

## **Inaredients**

3. 3		
	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	1/4 cup	½ cup
Feta Cheese, crumbled	1/4 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 \*\* 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.



# Prep and marinate shallots

- Peel, then thinly slice shallot.
- Core, then cut **apple** into ½-inch pieces.
- Whisk together vinegar, 2 tsp 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 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.



# 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 marinated shallots. Season with salt and **pepper**, then toss to coat.



#### Finish and serve

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

**Dinner Solved!** 

Contact

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