



# Calorie Smart Salmon and Lemony Lentil Bowl

with Spinach, Sweet Potato and Feta Crema

Calorie Smart

25 Minutes



Salmon Fillets



Lentils, canned



Baby Spinach



Lemon



Sour Cream



Feta Cheese,  
crumbled



Garlic



Sweet Potato

## HELLO FETA

*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, microplane/zester, medium non-stick pan, measuring spoons, strainer, small bowl, vegetable peeler, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets	250 g	500 g
Lentils, canned	370 ml	740 ml
Baby Spinach	56 g	113 g
Lemon	1	1
Sour Cream	3 tbsp	6 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Garlic	6 g	12 g
Sweet Potato	170 g	340 g
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 our meal kit labels for the most current allergen information.

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

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Prep

Drain and rinse **lentils**. Peel, then cut **sweet potato** into ½-inch cubes. Peel, then finely mince or grate **garlic**. Zest, then cut **half the lemon** into wedges (whole lemon for 4 ppl). Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.



## Roast sweet potato

Toss **sweet potatoes** with ½ **tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping halfway through cooking, until tender, 16-18 min.



## Make feta crema

While **sweet potatoes** roast, add **feta**, **sour cream**, **half the garlic**, **half the lemon zest** and **1 tsp water** (dbl for 4 ppl) to a small bowl. Squeeze a **lemon wedge** over top, then mash with a fork until almost smooth.



## Cook salmon

Heat a medium non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry until golden-brown, flipping halfway through, 4-6 min.\*\*



## Warm lentils

While **salmon** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **remaining garlic**. Cook, stirring, until fragrant, 30 sec. Add **lentils** and ¼ **tsp salt** (dbl for 4 ppl). Cook, stirring often, until **lentils** are warmed through, 2-3 min. Remove pan from heat, then squeeze a **lemon wedge** over top. Add **remaining lemon zest** and **spinach**. Stir until **spinach** is wilted. Season with **pepper**, if desired.



## Finish and serve

Use a fork to break up **salmon** into pieces. Divide **lentils** between bowls. Top with **sweet potatoes** and **salmon pieces**, then drizzle **feta crema** over top. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!