













Flakey Salmon Wellington

with Carrots and Fresh Cucumber-Dill Salad

PRONTO 35 Minutes



-  Salmon Fillets, skinless
-  Puff Pastry
-  Shallot
-  Garlic
-  Carrot
-  Whole Grain Mustard
-  Mini Cucumber
-  Dill
-  Sour Cream
-  Baby Spinach

HELLO SALMON WELLINGTON

A coastal Canadian take on a British Sunday roast dinner!

Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

Bust Out

Large Non-Stick Pan, Parchment Paper, Garlic Press, Baking Sheet, Peeler, Medium Bowl, Paper Towels, Measuring Spoons, Box Grater

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	283 g	566 g
Puff Pastry	340 g	680 g
Shallot	50 g	100 g
Garlic	3 g	6 g
Carrot	170 g	340 g
Whole Grain Mustard	2 tbsp	4 tbsp
Mini Cucumber	132 g	264 g
Dill	7 g	14 g
Sour Cream	6 tbsp	12 tbsp
Baby Spinach	113 g	227 g
Sugar*	½ tsp	1 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 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.



1. PREP & COOK SPINACH

Peel, then coarsely grate **shallot**. Peel, then mince or grate **garlic**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **spinach, shallot and garlic**. Stir together, until **spinach** wilts, 1-2 min. Season with **salt and pepper**.



4. COOK CARROTS

While **salmon wellingtons** bake, peel, then cut **carrots** into ¼-inch rounds. Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **carrots, 2 tbsp water** and **½ tsp sugar** (dbl both for 4 ppl). Cook, stirring occasionally, until tender-crisp, 6-7 min. Season with **salt and pepper**.



2. ASSEMBLE WELLINGTONS

Pat **salmon** dry with paper towels. Unroll puff pastry on a parchment-lined baking sheet, then cut **pastry** in half to create 2 rectangles. (Use two baking sheets for 4 ppl). Divide **spinach mixture** over one side of **each pastry**, then top with one piece of **salmon**. Season with **salt and pepper**.



5. MAKE SALAD

While **carrots** cook, roughly chop **dill**. Thinly slice **cucumbers**. Toss together **sour cream, dill** and **cucumbers** in a medium bowl. Season with **salt and pepper**.



3. BAKE WELLINGTONS

Spoon **mustard** over **salmon**. Working with **one pastry rectangle** at a time, fold the side of pastry (without salmon) over the filling. Using your fingers, firmly pinch the borders closed. Roll the edges back over themselves to seal tightly. Bake **salmon wellingtons** in middle of oven, until pastry is golden-brown and cooked through, 18-20 min.**



6. FINISH AND SERVE

Divide **salmon wellington, carrots** and **cucumber-dill salad** between plates.

Dinner Solved!

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