



Salmon Limone

with Zesty Quinoa Salad

Carb Smart

25 Minutes



-  Salmon Fillets, skinless
-  Roma Tomato
-  Italian Seasoning
-  Lemon
-  Sour Cream
-  White Quinoa
-  Zucchini
-  Garlic

HELLO QUINOA

Often mistaken for a grain, this seed is packed with protein, fiber and minerals!

Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust Out

Baking sheet, microplane/zester, measuring spoons, strainer, aluminum foil, medium pot, large bowl, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Roma Tomato	80 g	160 g
Italian Seasoning	1 tbsp	2 tbsp
Lemon	1	2
Sour Cream	3 tbsp	6 tbsp
White Quinoa	½ cup	1 cup
Zucchini	200 g	400 g
Garlic	6 g	12 g
Unsalted Butter*	½ tbsp	1 tbsp
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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Cook quinoa

Add **quinoa**, **4 cups water** and **1 tsp salt** (dbl both for 4 ppl) to a medium pot. Bring to a boil over high heat. Once boiling, reduce heat to medium. Cook, uncovered, until **quinoa** is tender, 15-18 min. Drain **quinoa**, then rinse under **cold water** until **quinoa** is cool. Drain well, pressing down on the **quinoa** to get rid of **excess water**. (TIP: If the holes in your strainer are larger than the quinoa, place a few sheets of paper towel in the bottom of the strainer before draining.)



Make crema

While **salmon** cooks, add **sour cream** and **1 ½ tsp lemon juice** (dbl for 4 ppl) to a small bowl. Season with **salt**. Stir until smooth.



Prep

While **quinoa** cooks, zest, then juice **half the lemon**. (whole lemon for 4 ppl). Cut **remaining lemon** into wedges. Quarter, deseed, then cut **tomato** into ¼-inch pieces. Cut **zucchini** into ¼-inch pieces. Peel, then finely mince or grate **garlic**.



Finish salad

Add **quinoa**, **tomatoes**, **zucchini**, **garlic**, **remaining Italian Seasoning**, **lemon zest**, **2 tsp lemon juice** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then toss to combine.



Cook salmon

Pat **salmon** dry with paper towels. Season with **salt** and **pepper** and **half the Italian Seasoning**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** and **½ tbsp butter** (dbl both for 4 ppl), then **salmon**. Cook, until golden-brown on both sides, 2-3 min. Transfer to a foil-lined baking sheet and broil in the **middle** of the oven until cooked through, 4-5 min.**



Finish and serve

Divide **quinoa salad** between plates. Add **salmon** on top, then spoon **crema** over **salmon**. Serve with **lemon wedges**.

Dinner Solved!