



# Salmon Waldorf Salad

with Creamy Green Onion Dressing

20-min



Salmon Fillets



Red Grapes



Bartlett Pear



Walnuts, chopped



Arugula and Spinach Mix



Green Onions



Mayonnaise



Ciabatta Roll



White Wine Vinegar

HELLO GRAPES  
*Juicy, sweet and versatile!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

2 Baking sheets, measuring spoons, large bowl, parchment paper, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets	250 g	500 g
Red Grapes	170 g	340 g
Bartlett Pear	1	2
Walnuts, chopped	28 g	56 g
Arugula and Spinach Mix	113 g	227 g
Green Onions	2	2
Mayonnaise	2 tbsp	4 tbsp
Ciabatta Roll	1	2
White Wine Vinegar	1 tbsp	2 tbsp
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.*

## Contact

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



## Roast grapes and prep ciabatta

Cut **ciabatta** into 1-inch pieces. Toss **grapes** with **½ tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Toss **ciabatta pieces** with **1 tbsp oil** (dbl for 4 ppl) on another parchment-lined baking sheet. Season with **salt** and **pepper**. Roast **grapes** in the **middle** of the oven and **ciabatta** in the **top** of the oven, stirring both halfway through cooking, until **grapes** soften and **ciabatta** is lightly-golden, 10-12 min.



## Make salad

Whisk together **vinegar**, **mayo**, **green onions** and **½ tsp sugar** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**. Add **pear**, **arugula and spinach mix** and **croutons**. Toss to coat.



## Prep

While **grapes** and **ciabatta** roast, halve, core, then thinly slice **pear**. Thinly slice **green onions**. Pat **salmon** dry with paper towels. Season with **salt** and **pepper**.



## Cook salmon

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry, until golden-brown and cooked through, 3-4 min per side.\*\*



## Finish and serve

Divide **salad** between plates and top with **roasted grapes** and **salmon**. Crumble **walnuts** over top.

## Dinner Solved!