

# Scandi-Style Salmon

with Apple and Pickled Onion Salad

Quick 25 Minutes



 HELLO DILL

 This delicate herb comes from the same family as parsley and celery!

# Start here

Before starting, wash and dry all produce.

# **Bust out**

Medium bowl, colander, measuring spoons, large bowl, small pot, small bowl, whisk, large pot, large non-stick pan, paper towels

# Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon Fillets, skin-on	500 g	1000 g
Yellow Potato	350 g	700 g
Gala Apple	1	2
Red Onion	56 g	113 g
Dill	7 g	14 g
Spring Mix	56 g	113 g
White Wine Vinegar	1 tbsp	2 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Dill-Garlic Spice Blend	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 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 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.

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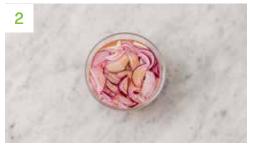
# **Cook** potatoes

Quarter potatoes.

 Add potatoes, 2 tsp salt and enough water to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.

• Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.

 Drain and return potatoes to the same pot, off heat.



### **Pickle onions**

• Meanwhile, peel, then cut half the onion into <sup>1</sup>/<sub>4</sub>-inch slices (whole onion for 4 ppl).

- Add onions, vinegar, half the honey and **2 tbsp water** (dbl for 4 ppl) to a small pot. Season with salt.
- Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until salt dissolves, 1-2 min.
- Remove from heat, then transfer **onions**, including **pickling liquid**, to a medium bowl. Place in the fridge to cool.



# Cook salmon

 Combine mustard and remaining honey in a small bowl.

• Pat **salmon** dry with paper towels, then season with salt, pepper and Dill-Garlic Spice Blend.

 Heat a large non-stick pan over medium heat.

• When hot, add 1/2 tbsp oil (dbl for 4 ppl), then salmon. skin-side down. Cook until skin is crispy, 4-5 min.

• Flip and cook until **salmon** is cooked through, 3-4 min.\*\* (TIP: Reduce heat to medium-low if salmon is browning too auickly.)

• Remove the pan from heat, then spread honey mustard over skin side of salmon.

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **salmon**.



## **Finish and serve**

- Divide salmon, potatoes and salad between plates.
- Sprinkle remaining dill over top.

**Dinner Solved!** 



# Make salad

- Meanwhile, core, then cut **apple** into <sup>1</sup>/<sub>4</sub>-inch matchsticks.
- Add 1 ½ tbsp pickling liquid and

<sup>1</sup>/<sub>2</sub> tbsp oil (dbl both for 4 ppl) to a large bowl. Season with salt and pepper, then whisk to combine.

 Drain onions, discarding remaining pickling liauid.

• Add pickled onions, apples and spring mix to the bowl with dressing, then toss to combine.



# **Finish potatoes**

- When potatoes are done, finely chop dill.
- Add half the dill and 1 tbsp butter (dbl for 4 ppl) to the pot with **potatoes**.

• Gently toss to melt **butter** and coat potatoes, 1-2 min. Season with salt and pepper, to taste.

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