



Scandi-Style Salmon

with Apple and Pickled Onion Salad

Quick 25 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Double Salmon Fillets, skin-on



Salmon Fillets, skin-on



Gala Apple



Yellow Potato



Dill



Red Onion



White Wine Vinegar



Spring Mix



Honey



Whole Grain Mustard



Dill-Garlic Spice Blend

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.

Contact

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1 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.



4 Make salad

- Meanwhile, core, then cut **apple** into ¼-inch matchsticks.
- Add **1 ½ tbsp pickling liquid** and **½ 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 liquid.
- Add **pickled onions**, **apples** and **spring mix** to the bowl with **dressing**, then toss to combine.



2 Pickle onions

- Meanwhile, peel, then cut **half the onion** into ¼-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.



5 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.



3 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 **½ 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 quickly.)
- 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**.



6 Finish and serve

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

Dinner Solved!