



# Seared Salmon and Horseradish Sauce

with a Crisp Apple Salad

Family Friendly

35 Minutes



Salmon Fillets, skin-on



Russet Potato



Horseradish



Gala Apple



Mayonnaise



Double Salmon



Sour Cream



Baby Spinach



Lemon



Seasoned Salt

### CUSTOM RECIPE

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

HELLO HORSERADISH

*This spicy root is in the same family as wasabi!*

## Start here

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

## Bust out

Baking sheet, measuring spoons, large bowl, parchment paper, small bowl, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon	500 g	1000 g
Russet Potato	460 g	920 g
Sour Cream	3 tbsp	6 tbsp
Horseradish	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Gala Apple	1	2
Lemon	1	2
Mayonnaise	2 tbsp	4 tbsp
Seasoned Salt	½ tbsp	1 tbsp
Sugar*	¼ tsp	½ 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 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 Roast potatoes

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes, 1 tbsp oil** (dbl for 4 ppl) and **half the seasoned salt** to a parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven until **potatoes** are golden-brown and tender, 21-23 min.



## 4 Cook salmon

- Pat **salmon** dry with paper towels. Season flesh side with **remaining seasoned salt** and **pepper**.
- Heat a large non-stick pan over medium-high 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, 2-3 min.\*\*

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



## 2 Marinate apples

- Meanwhile, core, then cut **apple** into ¼-inch slices.
- Juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **apples, 1 tbsp oil, 1 tbsp lemon juice, ¼ tsp sugar** and **¼ tsp salt** (dbl all for 4 ppl) to a large bowl, then toss to coat.



## 5 Make salad

- Add **spinach** to the large bowl with **apples**. Toss to combine.



## 3 Make horseradish sauce

- Add **sour cream, horseradish** and **mayo** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



## 6 Finish and serve

- Divide **potatoes, salad** and **salmon** between plates.
- Drizzle **some horseradish sauce** over **salmon**. Serve **remaining sauce** on the side for dipping.
- Squeeze a **lemon wedge** over top, if desired.

## Dinner Solved!