



Seared Salmon and Lemony Lentil Bowl

with Spinach, Sweet Potato and Feta Crema

Calorie Smart 25 Minutes



Salmon Fillets



Lentils, canned



Baby Spinach



Lemon



Sour Cream



Feta Cheese



Garlic



Sweet Potato

HELLO FETA

A salty, briny cheese with a crumbly texture!

Start here

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

Bust Out

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

Ingredients

	2 Person	4 Person
Salmon Fillets	285 g	570 g
Lentils, canned	398 ml	796 ml
Baby Spinach	56 g	113 g
Lemon	1	1
Sour Cream	3 tbsp	6 tbsp
Feta Cheese	28 g	56 g
Garlic	6 g	12 g
Sweet Potato	170 g	340 g
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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

Contact

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



Prep

Drain and rinse **lentils**. Peel, then cut **sweet potato** into ½-inch cubes. Peel, then finely mince or grate **garlic**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.



Cook salmon

Heat a medium non-stick pan over medium-high heat. When hot, add **2 tsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry until golden-brown, flipping halfway through, 4-6 min. **



Roast sweet potato

Toss **sweet potatoes** with **2 tsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping halfway through cooking, until tender, 16-18 min.



Warm lentils

While the **salmon** cooks, heat a large non-stick pan over medium-high heat. When hot, add **2 tsp oil** (dbl for 4 ppl), then **remaining garlic**. Cook, stirring until fragrant, 30 sec. Add **lentils** and **¼ tsp salt** (dbl for 4 ppl). Cook, stirring until **lentils** are warmed through, 2-3 min. Remove pan from heat, then stir in **1 tsp lemon juice**, **1 tsp lemon zest** (dbl both for 4 ppl) and **spinach**. Stir until **spinach** is wilted. Season with **pepper**, if desired.



Make crema

While **sweet potatoes** roast, mash together **feta cheese**, **sour cream**, **half the garlic**, **1 tsp lemon juice**, **½ tsp lemon zest** and **1 tsp water** (dbl all for 4 ppl) with a fork in a small bowl, until almost smooth.



Finish and serve

Use a fork to break up **salmon** into pieces. Divide **lentils** between bowls. Add **sweet potatoes** and **salmon pieces** on top, then drizzle over the **crema**. **Squeeze** over a **lemon wedge** if desired.

Dinner Solved!