

HELLO Seared Salmon and Horseradish Sauce

with Crisp Apple Salad

Family Friendly 30 - 40 Minutes









2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫









Salmon Fillets, skin-on 250 g | 500 g

Russet Potato 2 4





Sour Cream 1 | 2

Creamy Horseradish 1 tbsp | 2 tbsp







Baby Spinach 56 g | 113 g









Lemon 1 | 2

Mayonnaise 2 tbsp | 4 tbsp



Zesty Garlic Blend 1 tbsp | 2 tbsp

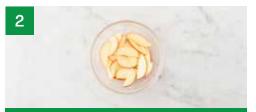


Allengens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat. Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, small bowl



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into ½-inch wedges.
- Add potatoes, half the Zesty Garlic Blend and **1 tbsp oil** to an unlined baking sheet. Season with **pepper**, then toss to coat. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Roast in the **middle** of the oven, flipping halfway through, until tender and goldenbrown, 25-28 min. (NOTE: For 4 ppl, roast in the middle and the top of the oven, rotating sheets halfway through.)



Marinate apples

- Meanwhile, core, then cut **apple** into 1/4-inch slices.
- Juice half the lemon. Cut remaining lemon into wedges.
- Add apples, 1 tbsp (2 tbsp) oil, 1 tbsp (2 tbsp) lemon juice, ¼ tsp (½ tsp) sugar and 1/4 tsp (1/2 tsp) salt to a large bowl, then toss to coat.



Make horseradish sauce

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



4 | Cook tilapia

Measurements

4 | Cook salmon

2 Double | Salmon

the regular portion of salmon.**

within steps

O Swap | Tilapia

If you've opted to get **tilapia**, season and cook it in the same way the recipe instructs you to season and cook salmon .**

1 tbsp

2 person

If you've opted for **double salmon**, cook it in the same way the recipe instructs you to cook

oil



Cook salmon

🚧 Double | Salmon

🗘 Swap | Tilapia

- Pat salmon dry with paper towels. Season flesh side with remaining Zesty Garlic Blend.
- · Heat a large non-stick pan over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then salmon, skin-side down. Cook until skin is crispy, 4-5 min. Flip and cook until cooked through, 2-3 min.**



Make salad

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



Finish and serve

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