

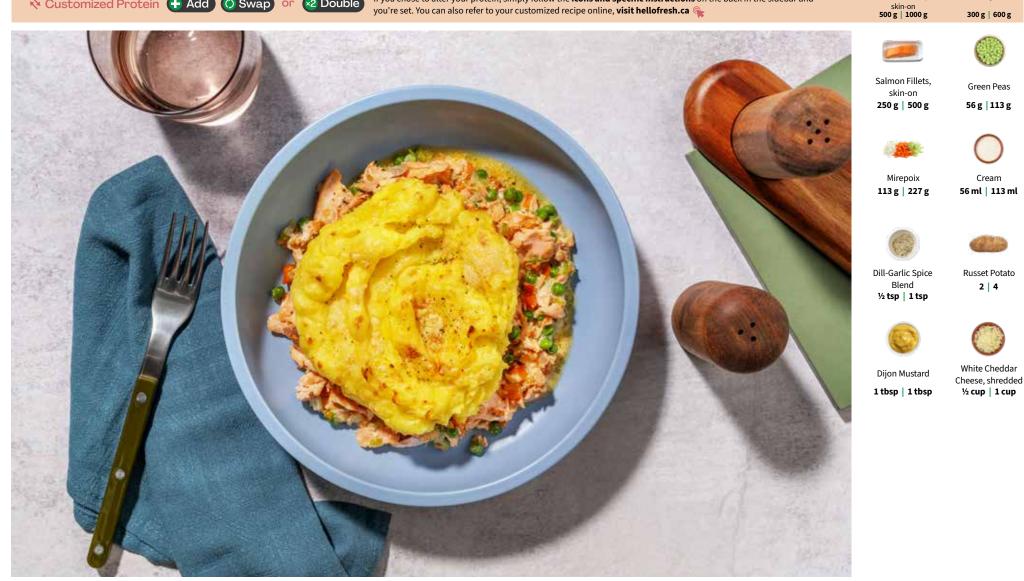
Family Friendly 30 - 40 Minutes



Tilapia

Salmon Fillets,

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and Real Customized Protein (+ Add) () Swap or (\*2 Double you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🌑



Allergens Heyhome 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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### Pantry items | Pepper, milk, oil, salt, unsalted butter, all-purpose flour

Cooking utensils | Aluminum foil, baking sheet, large oven-proof pan, large pot, measuring cups, measuring spoons, paper towels, potato masher, strainer, vegetable peeler



### **Cook potatoes**

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Peel, then cut **potatoes** into 1-inch pieces.
- 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.



### Broil salmon





- Meanwhile, pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **salmon** on a foil-lined baking sheet, skin-side down. Broil in the **middle** of the oven until cooked through, 8-10 min.\*\*
- Transfer salmon to a plate. Remove skin.
  Using two forks, break up salmon into 1-inch pieces.



# Cook veggies

- While salmon broils, heat a large oven-proof pan over medium. When hot, add 1 tbsp (2 tbsp) oil, then mirepoix and peas. Cook, stirring often, until tender-crisp, 3-4 min.
- Sprinkle flour over veggies. Cook, stirring constantly, until all veggies are coated with flour, 1-2 min. Season with salt and pepper.



If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### 2 | Broil salmon

### 2 Double | Salmon

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

# 2 | Broil tilapia

#### 🚫 Swap | Tilapia

If you've opted for **tilapia**, prep and cook in the same way the recipe instructs you to prep and cook the **salmon**.\*\*



# Make salmon filling

- Add **half the Dill-Garlic Spice Blend** (use all for 4 ppl), **cream** and **¾ cup** (1 ½ cups) **water** to the pan with **veggies**.
- Bring to a boil over high heat. Once boiling reduce heat to medium. Simmer, stirring often, until **sauce** thickens slightly, 4-6 min.
- Remove the pan from heat. Stir in **half the Dijon** (use all for 4 ppl), then season with **salt** and **pepper**.
- Gently stir in **salmon**, including **any juices** from the plate.



### Mash potatoes

- When **potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Mash ¼ cup (½ cup) milk and 2 tbsp (4 tbsp) butter into potatoes until creamy.
- Stir in cheese, then season with salt and pepper. (NOTE: If you don't have an ovenproof pan, transfer salmon filling to a 8x8-inch baking dish for 2 ppl and 4 ppl.)



### Finish pie and serve

- Top salmon filling with mashed potatoes, spreading into an even layer.
- Broil in the **middle** of the oven until **potato topping** begins to brown, 4-5 min.
- Remove **salmon pie** from the oven and let stand for 5 min.
- Divide **salmon pie** between plates.