



Dill-Garlic Salmon Salad

with Ranch Dressing and DIY Croutons

20 Minutes



Customized Protein

+ Add

Swap

or

*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](http://hellofresh.ca)

*2 Double



Salmon Fillets, skin-on
500 g | 1000 g

Swap



Shrimp
285 g | 570 g



Salmon Fillets, skin-on
250 g | 500 g



Ciabatta Roll
1 | 2



Spring Mix
113 g | 227 g



Tomato
1 | 2



Radish
3 | 6



Ranch Dressing
4 tbsp | 8 tbsp



Garlic Salt
1 tsp | 1 tsp



White Wine Vinegar
1 tbsp | 2 tbsp



Dill-Garlic Spice Blend
1 tsp | 2 tsp

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Service Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 3, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADERNO Essence Series 4-Burner Propane Gas BBQ Grill (approx. retail value of \$949.99 CAD), Canadian. This is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at hellofresh.ca/freshsummer.

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.

Pantry items | Pepper, sugar, oil, salt

Cooking utensils | Large bowl, large non-stick pan, measuring spoons, medium bowl, paper towels, whisk

1



Prep

• Before starting, wash and dry all produce.

- Thinly slice **radishes** into rounds.
- Cut **tomato** into ½-inch pieces.
- Tear or cut **ciabatta** into 1-inch pieces. (**TIP:** Tearing the ciabatta into rustic pieces creates nooks and crannies. Perfect for turning into toasted croutons!)
- Add **ciabatta** and **1 tbsp** (2 tbsp) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.

2



Marinate veggies

- Add **vinegar**, **half the garlic salt**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **pepper**, then whisk to combine.
- Add **tomatoes** and **radishes**, then toss to combine.

3



Cook DIY croutons

- Heat a large non-stick pan over medium heat. When hot, add **ciabatta**. Cook, stirring occasionally, until golden-brown on all sides, 3-5 min.
- Transfer to a plate.

4



Season and cook salmon

×2 Double | **Salmon Fillets, skin-on**

🔄 Swap | **Shrimp**

- Reheat the same pan over medium.
- While the pan heats, pat **salmon** dry with paper towels.
- Season with **Dill-Garlic Spice Blend**, **remaining garlic salt** and **pepper**. Drizzle all over with **½ tbsp** (1 tbsp) **oil**.
- When the pan is hot, add **salmon**. Cook, turning occasionally, until browned on all sides, 5-6 min.**
- Carefully transfer **salmon** to a plate, skin-side up.

5



Assemble salad

- Add **spring mix** and **half the croutons** to the bowl with **marinated veggies**, then toss to combine.

6



Finish and serve

🔄 Swap | **Shrimp**

- Divide **salad** and **salmon** between plates.
- Drizzle **ranch dressing** over top.
- Sprinkle **remaining croutons** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

4 | Season and cook salmon

×2 Double | **Salmon Fillets, skin-on**

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

4 | Season and cook shrimp

🔄 Swap | **Shrimp**

If you've opted to get **shrimp**, while the pan heats, use a strainer to drain and rinse **shrimp**. Pat dry with paper towels. Season the same way the recipe instructs you to season the **salmon**. No need to drizzle on **oil** ahead of time. When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 3-4 min.** Remove from heat, then transfer **shrimp** to a plate.

6 | Finish and serve

🔄 Swap | **Shrimp**

Divide **salad** and **shrimp** between plates.

** Cook salmon to a minimum internal temperature of 70°C/158°F, and shrimp to a minimum internal temperature of 74°C/165°F, as size may vary.