



Seared Salmon and Horseradish Sauce with Crisp Apple Salad

Family Friendly 30 - 40 Minutes

***2 Double** **Swap**






Salmon Fillets, skin-on
500 g | 1000 g

Tilapia
300 g | 600 g



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](https://www.hellofresh.ca)



Salmon Fillets, skin-on
250 g | 500 g

Russet Potato
2 | 4



Sour Cream
1 | 2

Creamy Horseradish Sauce
1 tbsp | 2 tbsp


Baby Spinach
56 g | 113 g

Gala Apple
1 | 2

Lemon
1 | 2

Mayonnaise
2 tbsp | 4 tbsp



Zesty Garlic Blend
1 tbsp | 2 tbsp

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 | Salt, pepper, oil, sugar

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, small bowl

1



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 golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and the top of the oven, rotating sheets halfway through.)

4



Cook salmon

×2 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.**

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** (2 **tbsp**) **oil, 1 tbsp** (2 **tbsp**) **lemon juice, ¼ tsp** (½ **tsp**) **sugar** and ¼ **tsp** (½ **tsp**) **salt** 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, creamy horseradish sauce** 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 horseradish sauce** on the side for dipping.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

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

4 | Cook salmon

×2 Double | **Salmon**

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 | Cook tilapia

🔄 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**.**

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