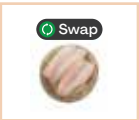




# Seared Salmon and Horseradish Sauce with Crisp Apple Salad

Family Friendly 30 - 40 Minutes



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



Creamy Dressing  
86 ml | 172 ml



Creamy Horseradish Sauce  
1 tbsp | 2 tbsp



Baby Spinach  
56 g | 113 g



Gala Apple  
1 | 2



Lemon  
1 | 2



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

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 **creamy dressing** and **creamy horseradish sauce** 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 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 the **salmon**.\*\*

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