



Scandi-Style Salmon with Apple and Pickled Onion Salad

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

*2 Double



Salmon Fillets,
skin-on
500 g | 1000 g

Swap



Tilapia
300 g | 600 g



Salmon Fillets,
skin-on
250 g | 500 g



Yellow Potato
350 g | 700 g



Gala Apple
1 | 2



Red Onion
1 | 1



Dill
7 g | 14 g



Baby Spinach
56 g | 113 g



White Wine
Vinegar
1 tbsp | 2 tbsp



Whole Grain
Mustard
1 tbsp | 2 tbsp



Honey
1 | 2



Dill-Garlic Spice
Blend
1 tsp | 2 tsp



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, unsalted butter, oil, pepper

Cooking utensils | Colander, large bowl, large non-stick pan, large pot, measuring spoons, medium bowl, paper towels, small bowl, small pot, strainer, whisk

1



Cook potatoes

- Before starting, wash and dry all produce.

- Quarter **potatoes**.
- 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.
- Drain and return **potatoes** to the same pot, off heat.

2



Pickle onions

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch slices.
- Add **onions**, **vinegar**, **half the honey** and **2 tbsp** (4 tbsp) **water** to a small pot. Season with **salt**.
- Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **salt** dissolves, 1-2 min.
- Remove from heat, then transfer **pickled onions**, including **pickling liquid**, to a medium bowl. Place in the fridge to cool.

3



Cook salmon

*2 Double | Salmon Fillets

Swap | Tilapia

- Combine **mustard** and **remaining honey** in a small bowl.
- Pat **salmon** dry with paper towels, then season with **salt**, **pepper** and **Dill-Garlic Spice Blend**.
- Heat a large non-stick pan over medium heat.
- When the pan is hot, add ½ **tbsp** (1 tbsp) **oil**, then **salmon**, skin-side down. Cook until **skin** is crispy, 4-5 min.
- Flip and cook until **salmon** is cooked through, 3-4 min. ** (TIP: Reduce heat to medium-low if salmon browns too quickly.)
- Remove the pan from heat, then spread **honey mustard** over the side of **salmon**.

4



Make salad

- Meanwhile, core, then cut **apple** into ¼-inch matchsticks.
- Add **1 ½ tbsp** (3 tbsp) **pickling liquid** and ½ **tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**. Whisk to combine.
- Drain **pickled onions** and discard remaining pickling liquid.
- Add **pickled onions**, **apples** and **spinach** to the bowl with **dressing**, then toss to combine.

5



Finish potatoes

- When **potatoes** are done, finely chop **dill**.
- Add **half the dill** and **1 tbsp** (2 tbsp) **butter** to the pot with **potatoes**.
- Gently toss to melt **butter** and coat **potatoes**, 1-2 min. Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Divide **salmon**, **potatoes** and **salad** between plates.
- Sprinkle **remaining dill** over top.

Measurements
within steps

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

3 | Cook salmon

*2 Double | Salmon Fillets

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

3 | Cook tilapia

Swap | Tilapia

If you've opted to get **tilapia**, season it in the same way the recipe instructs you to season the **salmon**. Cook **tilapia** until golden-brown and cooked through, 3-4 min per side.**

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