

HELLO Scandi-Style Salmon with Apple and Pickled Opion Salad

with Apple and Pickled Onion Salad

25 Minutes



(Swap

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 🦫

Salmon Fillets, skin-on 500 g | 1000 g







Salmon Fillets, skin-on

Yellow Potato 350 g | 700 g





Gala Apple



1 | 2





1 | 1

7 g | 14 g





White Wine Vinegar

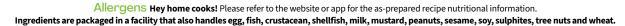


1 tbsp | 2 tbsp



1 2

Dill-Garlic Spice Blend 1 tsp | 2 tsp



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



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.



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.



Cook salmon

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.



Finish and serve

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



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.



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.

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

3 | Cook salmon

Measurements

within steps

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**.

1 tbsp

2 person

oil

Ingredient

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.**