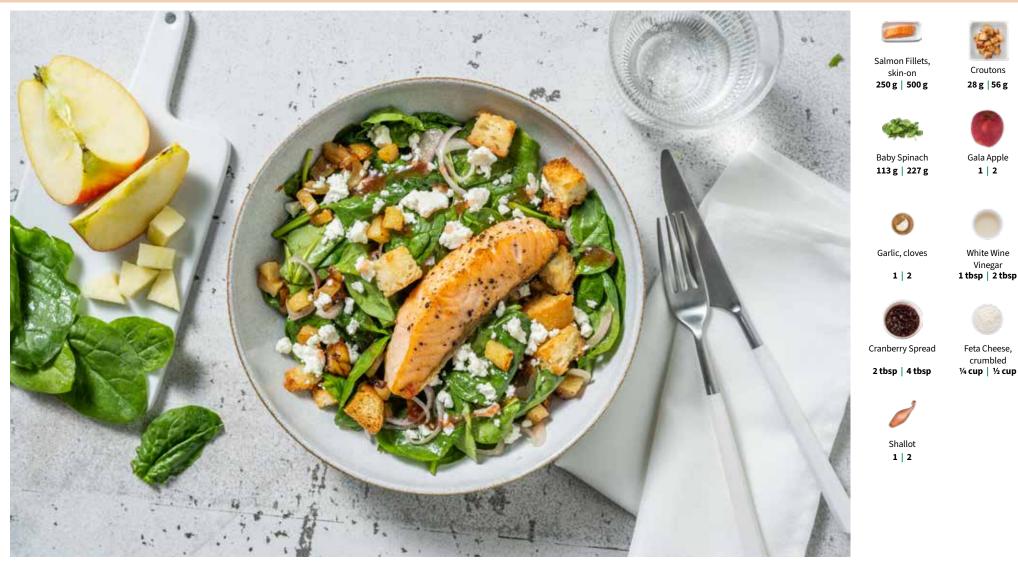


30 Minutes Smart Meal

🔁 Customized Protein 🕂 Add 😣 Double 🚫 Swap) or

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 🌑



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. 🜔 Swap

Tilapia

300 g | 600 g

😡 Double

Salmon Fillets

skin-on

500 g | 1000 g

Pantry items | Pepper, salt, oil

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



Prep and marinate shallots

- Before starting, wash and dry all produce.
- Peel, then thinly slice **shallot**.
- Peel, then mince garlic.
- Core, then cut **apple** into ½-inch pieces.
- Whisk together **vinegar**, **cranberry spread** and **2 tsp** (4 tsp) **oil** in a large bowl. Add **shallots** and **apples**. Season with **salt** and **pepper**, then toss to coat. Set aside.



- Divide salad between plates. Top with
- salmon.
- Sprinkle **remaining feta** over top.



Cook salmon

🔇 Swap | Tilapia

😒 Double | Salmon Fillets, skin-on

- Pat **salmon** dry with paper towels. Season with **garlic**, **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp** (2 tsp) **oil**, then **salmon**, skin-side down. Pan-fry until golden-brown and cooked through, 3-4 min per side.**



Assemble salad

 Add spinach, apples, croutons and half the feta to the bowl with marinated shallots.
Season with salt and pepper, then toss to coat.



2 | 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, 2-3 min per side.**

$2\,|\,Cook\,salmon$

😢 Double | Salmon Fillets, skin-on 🕽

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

