



Cal Smart Apple and Salmon Salad

with Cranberry Dressing

Smart Meal

30 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)

Swap



Tilapia
300 g | 600 g

*2 Double



Salmon Fillets,
skin-on
500 g | 1000 g



Salmon Fillets,
skin-on
250 g | 500 g



Croutons
28 g | 56 g



Baby Spinach
113 g | 227 g



Gala Apple
1 | 2



Garlic, cloves
1 | 2



White Wine
Vinegar
1 tbsp | 2 tbsp



Cranberry Spread
2 tbsp | 4 tbsp



Feta Cheese,
crumbled
¼ cup | ½ cup



Shallot
1 | 2



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 | Pepper, salt, oil

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

1



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.

2



Cook salmon

🔄 Swap | Tilapia

×2 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.**

3



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.

4



Finish and serve

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

Measurements
within steps

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

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

×2 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**.

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