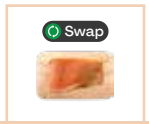




Roasted Salmon with Cauliflower and Tomatoes and Homemade Yogurt Flatbreads

Discovery Special

45 Minutes



Jumbo Salmon Fillet
500 g | 1000 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



All-Purpose Flour
1 1/2 cups | 3 cups



Baking Powder
2 tsp | 4 tsp



Cauliflower
1/2 | 1



Baby Tomatoes
227 g | 454 g



Moroccan Spice Blend
1 tbsp | 2 tbsp



Greek Yogurt
2 | 4



Parsley
7 g | 14 g



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Garlic Spread
2 tbsp | 4 tbsp



Yogurt Sauce
3 tbsp | 6 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 | Oil, salt, pepper

Cooking utensils | 2 baking sheets, large bowl, large non-stick pan, measuring spoons, paper towels, parchment paper, rolling pin

1



Make flatbread dough

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **flour**, **baking powder** and $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **salt** to a large bowl. Stir to combine.
- Add **Greek yogurt**, then stir until no dry pockets remain. **Dough** will be shaggy.
- Transfer **dough** to a large, clean work surface. Using your hands, press **dough** together.
- Knead until **dough** forms a ball, 2-3 min. Lightly coat **dough** with **oil**. Invert bowl over **dough** to cover and let rest, 15 min.

2



Prep and roast veggies

- While **dough** rests, cut **half the cauliflower** into bite-sized pieces (use the whole cauliflower for 4 ppl).
- Poke **each baby tomato** with a fork.
- Add **cauliflower**, **baby tomatoes**, **2 tsp** (4 **tsp**) **Moroccan Spice Blend** and **1 tbsp** (2 **tbsp**) **oil** to a parchment-lined baking sheet. (**NOTE:** Use two sheets with 1 **tbsp** oil per sheet for 4 ppl.) Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, tossing halfway through, until **veggies** are tender and golden, 15-18 min.

3



Prep and roast salmon

Swap | [Jumbo Salmon Fillet](#)

- Pat **salmon** dry with paper towels, then season with **remaining Moroccan Spice Blend**, **salt** and **pepper**.
- Add **salmon** to another parchment-lined baking sheet, skin-sides down. Drizzle $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** over top.
- Roast in the **top** of the oven until **salmon** is cooked through, 10-12 min.**

4



Roll flatbreads

- Once **dough** has rested, cut into four (eight) equal pieces. Lightly coat **each piece of dough** in **oil**.
- Lightly coat work surface, hands and a rolling pin with **oil**.
- Working with **one piece of dough** at a time, roll **each piece of dough** into a $\frac{1}{8}$ -inch thick disc. (**NOTE:** It's okay if the disc is not a perfect circle.) Cover with a clean tea towel or plastic wrap.

5



Cook flatbreads

- Heat a large non-stick pan over medium-high heat.
- When hot, reduce heat to medium, then add **one flatbread**. Cook until bottom is golden-brown and bubbles form on surface, 1-3 min.
- Reduce heat to medium-low. Flip and cook on second side until **flatbread** puffs up, 1-2 min.
- Transfer **cooked flatbread** to a platter and cover to keep warm. Repeat with **remaining dough**.

6



Finish and serve

- Roughly chop **parsley**. Spread **garlic spread** onto **flatbreads**. Sprinkle **half the parsley** over top.
- Sprinkle **feta** over **veggies**.
- Divide **salmon**, **veggies** and **flatbreads** between plates.
- Sprinkle **remaining parsley** over top.
- Serve **yogurt sauce** alongside.

Measurements within steps

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Prep and roast salmon

Swap | [Jumbo Salmon Fillet](#)

If you've opted for **jumbo salmon**, season it in the same way the recipe instructs you to season the **regular portion of salmon**. To cook **jumbo salmon**, increase roast time to 16-20 min.

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