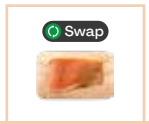




# Roasted Salmon with Cauliflower and Tomatoes and Homemade Yogurt Flatbreads

Discovery Special 45 Minutes



Jumbo Salmon Fillet 500 g | 1000 g

Customized Protein + Add Swap or x2 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 1/2 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.*

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

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.

- To a large bowl, add **flour**, **baking powder** and  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  tsp) **salt**. Stir to combine.
- Add **plain 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 into a ball, 2-3 min. Lightly coat **dough** with **oil**. Invert bowl over **dough** to cover and let rest, 15 min.

4



### Roll flatbreads

- Once **dough** has rested, cut into 4 (8) 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 towel or plastic wrap.

2



### Prep and roast veggies

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

5



### Cook flatbreads

- Heat a large non-stick pan over medium-high.
- 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**.

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**.
- To another parchment-lined baking sheet, add **salmon**, 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.\*\*

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-serving 4-serving 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 158°F, as size may vary.