

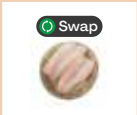


Smart Dill-Caper Ranch Salmon Salad

with Feta and Crouton Crumbs

Smart Meal

25 Minutes



Tilapia

300 g | 600 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



Spring Mix
113 g | 227 g



Baby Tomatoes
113 g | 227 g



Lemon
1 | 2



Capers
30 g | 60 g



Croutons
28 g | 56 g



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



Seed Blend
28 g | 56 g



Ranch Dressing
2 tbsp | 4 tbsp



Dill-Garlic Spice Blend
1 tsp | 2 tsp

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 | Sugar, oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, parchment paper, strainer, whisk, zester

1



Prep and roast salmon

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

🔄 Swap | Tilapia

- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Pat **salmon** dry with paper towels. Sprinkle **lemon zest** over top, then season with **salt, pepper** and **half the Dill-Garlic Spice Blend**.
- Arrange **salmon** on a parchment-lined baking sheet. Drizzle **1 tsp** (2 tsp) **oil** over top.
- Roast in the **middle** of the oven until cooked through, 8-12 min.**

2



Prep

- Meanwhile, halve **tomatoes**.
- Drain, then finely chop **half the capers**.
- Crush **crotons** into a rough crumb in their package.

3



Toast seed blend

- Heat a large non-stick pan over medium.
- When hot, add **seed blend** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn.)
- Remove from heat.

4



Make dressing

- Add **ranch, chopped capers, remaining Dill-Garlic Spice Blend, ½ tbsp** (1 tbsp) **lemon juice** and **¼ tsp** (¼ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. (**TIP:** For a lighter dressing consistency, add water, ½-1 tbsp at a time, if desired.)

5



Make salad

- Add **spring mix** and **tomatoes** to the bowl with **dressing**, then toss to coat.

6



Finish and serve

- Divide **salad** and **salmon** between plates. Top **salad** with **seed blend, croton crumbs, feta** and **remaining whole capers**.
- Squeeze over a **lemon wedge**, if desired.

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.

1 | Prep and roast tilapia

🔄 Swap | Tilapia

If you've opted to get **tilapia**, season it in the same way the recipe instructs you to season the **salmon**. To cook **tilapia**, roast until cooked through, 10-12 min.**

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