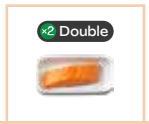




# Seared Salmon and Horseradish Sauce with Crisp Apple Salad

Family Friendly 30 - 40 Minutes



Salmon Fillets, skin-on  
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
- Russet Potato  
2 | 4
- Mayonnaise  
2 tbsp | 4 tbsp
- Creamy Horseradish  
1 tbsp | 2 tbsp
- Baby Spinach  
56 g | 113 g
- Gala Apple  
1 | 2
- Lemon  
1 | 2
- Zesty Garlic Blend  
1 tbsp | 2 tbsp
- Sour Cream  
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** | Salt, pepper, oil, sugar

**Cooking utensils** | Baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, small bowl

1



### Roast potatoes

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

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes, half the Zesty Garlic Blend** and **1 tbsp oil** to an unlined baking sheet. Season with **pepper**, then toss to coat. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and the top of the oven, rotating sheets halfway through.)

4



### Cook salmon

\*2 Double | **Salmon Fillets, skin-on**

- Pat **salmon** dry with paper towels. Season flesh side with **remaining Zesty Garlic Blend**.
- Heat a large non-stick pan over medium-high.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **salmon**, skin-side down. Cook until skin is crispy, 4-5 min. Flip and cook until cooked through, 2-3 min.\*\*

2



### Marinate apples

- Meanwhile, core, then cut **apple** into ¼-inch slices.
- Juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **apples, 1 tbsp** (2 tbsp) **oil, 1 tbsp** (2 tbsp) **lemon juice, ¼ tsp** (½ tsp) **sugar** and ¼ **tsp** (½ tsp) **salt** to a large bowl, then toss to coat.

5



### Make salad

- Add **spinach** to the large bowl with **apples**. Toss to combine.

3



### Make horseradish sauce

- Add **mayo, sour cream** and **creamy horseradish sauce** to a small bowl. Season with **salt** and **pepper**, then stir to combine.

6



### Finish and serve

- Divide **potatoes, salad** and **salmon** between plates.
- Drizzle **some horseradish sauce** over **salmon**. Serve **remaining horseradish sauce** on the side for dipping.
- Squeeze a **lemon wedge** over top, 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.

## 4 | Cook salmon

\*2 Double | **Salmon Fillets, skin-on**

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

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