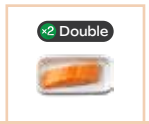




# Salmon and Egg Nicoise-Style Power Bowls

## with Olive Farro and Creamy Herb Drizzle

High-Protein Power 35 Minutes



**x2 Double**
















Salmon Fillets, skin-on  
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
-  Egg  
2 | 4
-  Red Potato  
500 g | 1000 g
-  Farro  
1 cup | 2 cups
-  Sugar Snap Peas  
113 g | 227 g
-  Baby Tomatoes  
113 g | 227 g
-  Lemon  
2 | 4
-  Parsley  
7 g | 14 g
-  Mixed Olives  
60 g | 120 g
-  Whole Grain Mustard  
2 tbsp | 4 tbsp
-  Sour Cream  
1 | 2
-  Honey  
1 | 2
-  Garlic Salt  
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.

Ingredient quantities **56 g** | **113 g**  
2 person | 4 person

Pantry items | Oil, salt, pepper

Cooking utensils | 2 baking sheets, large pot, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, parchment paper, slotted spoon, strainer, zester

1



### Start farro and roast potatoes

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

- To a large pot, add farro, **1 tsp** (2 tsp) **salt** and **5 cups** (10 cups) **hot water**. Cover and bring to a boil over high.
- To a medium pot, add **10 cups hot water** and **1 tbsp salt** (same for 4 servings). Bring to a boil over high.
- Meanwhile, cut **potatoes** into ½-inch wedges.
- To a parchment-lined baking sheet, add **potatoes**, **1 tbsp** (2 tbsp) **oil** and **half the garlic salt**. Toss to coat.
- Roast in the **bottom** of the oven for 22-25 min, flipping halfway through, until tender and golden.

4



### Finish prep and make dressing

- Meanwhile, zest, then juice **lemon**.
- Halve **tomatoes**. Season with **salt** and **pepper**.
- Roughly chop **parsley**.
- Drain **olives**, then tear or cut in half.
- To a medium bowl, add **lemon juice**, **lemon zest**, **honey**, **mustard**, **half the parsley** and **2 tbsp** (4 tbsp) **oil**. Season with **salt** and **pepper**. Stir to combine.

2



### Cook farro and blanch snap peas

- Once **farro** is boiling, reduce heat to medium-low. Cook uncovered for 18-22 min, until **farro** is tender but still firm to the bite. Strain **farro**, then return to the pot, off heat.
- Meanwhile, trim **sugar snap peas**.
- Once the **water** in the medium pot is boiling, add **sugar snap peas**. Cook for 1 min, until tender-crisp and bright green.
- Using a slotted spoon, transfer **sugar snap peas** to a plate.
- Return **water** to a boil.

5



### Peel eggs and finish farro

- Stir **olives** and **half the dressing** into **farro**.
- Add **sour cream** to **remaining dressing** in bowl. Stir to combine.
- Peel, then halve **eggs**. Season with **salt** and **pepper**.

3



### Cook eggs and roast salmon

\*2 Double | Salmon Fillets

- Once boiling, lower **eggs** into the **water**. Cook for 7 min for a runny yolk, or 9 min for a set yolk.\*\*
- While **eggs** cook, pat **salmon** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- To another parchment-lined baking sheet, add **salmon**. Drizzle ½ **tbsp** (1 **tbsp**) **oil** over **salmon**. Roast in the **middle** of the oven for 10-12 min, until cooked through.\*\*
- Drain and rinse **eggs** under **cold water** for 30 sec, until cool enough to peel.

6



### Finish and serve

- Divide **farro** between bowls. (**TIP:** Use wide bowls so everything fits!)
- Top with **potatoes**, **sugar snap peas**, **tomatoes**, **eggs** and **salmon**.
- Drizzle **creamy dressing** over top.
- Sprinkle **remaining parsley** over top.

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 | Cook eggs and roast salmon

\*2 Double | Salmon Fillets

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

\*\* Cook salmon to a minimum internal temperature of 158°F and eggs to a minimum internal temperature of 165°F.