



BBQ-Seasoned Salmon

with Red Onion and Apple Salad

30 Minutes



Salmon Fillets, skin-on



Spring Mix



Red Onion



White Wine Vinegar



Double Salmon Fillets, skin-on



Almonds, sliced



Gala Apple



BBQ Seasoning

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO BBQ SEASONING

This spice is the perfect blend of sweet, savoury and smoky!

Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, aluminum foil, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon Fillets, skin-on	500 g	1000 g
Spring Mix	113 g	227 g
Almonds, sliced	28 g	56 g
Red Onion	113 g	227 g
Gala Apple	1	2
White Wine Vinegar	1 tbsp	2 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

Contact

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Broil onions

- Peel, halve, then cut **onion** into 2-inch cubes.
- Add **onions** and **½ tbsp** (1 tbsp) **oil** to a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Broil in the **middle** of the oven, until tender-crisp, 8-10 min.



Toast almonds

- Heat a large non-stick pan over medium heat.
- Add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on almonds so they don't burn!) Transfer to a plate.
- Carefully wipe the pan clean.



Prep

- Meanwhile, core, then cut **apple** into ¼-inch pieces.
- Pat **salmon** dry with paper towels, then sprinkle with **BBQ Seasoning** and season with **salt**.

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



Cook salmon

- Reheat the same pan over high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **salmon**. Pan-fry, until 'blackened' or dark golden-brown and cooked through, 3-4 min per side.**



Make dressing

- Whisk together **vinegar**, **½ tsp** (1 tsp) **sugar** and **2 tbsp** (4 tbsp) **oil** in a large bowl.
- Add **apples** to the bowl, then toss to coat. Set aside.



Finish and serve

- Add **onions** and **spring mix** to the bowl with **apples** and **dressing**. Toss to coat.
- Divide **salad** between plates and top with **BBQ-seasoned salmon**.
- Sprinkle **toasted almonds** over top.

Dinner Solved!