



# Cal Smart Apple and Salmon Salad with Cranberry Dressing

Calorie Smart

30 Minutes



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### 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!



Salmon Fillets, skin-on



Double Salmon fillets, skin-on



Croutons



Baby Spinach



Gala Apple



Garlic, cloves



White Wine Vinegar



Cranberry Spread



Feta Cheese, crumbled



Shallot

### HELLO FETA CHEESE

*A salty, briny cheese with a crumbly texture!*

## Start here

Before starting, wash and dry all produce.

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

## Bust out

Measuring spoons, large bowl, small 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
Croutons	28 g	56 g
Baby Spinach	113 g	227 g
Gala Apple	1	2
Garlic, cloves	1	2
White Wine Vinegar	1 tbsp	2 tbsp
Cranberry Spread	2 tbsp	4 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Shallot	1	2
Unsalted Butter*	1 tbsp	2 tbsp
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.



### 1 Prep and marinate shallots

- Peel, then thinly slice **shallot**.
- Peel, then mince **garlic**.
- Core, then cut **apple** into ½-inch pieces.
- Whisk together **vinegar**, **cranberry spread** and **2 tsp** (4 tsp) **oil** in a large bowl. Add **shallots**. Season with **salt** and **pepper**, then toss to coat. Set aside.



### 4 Assemble salad

- Add **spinach**, **apples**, **croutons** and **half the feta** to the bowl with **marinated shallots**. Season with **salt** and **pepper**, then toss to coat.



### 2 Sear apples

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **apples**. Cook, stirring often, until **apples** are golden-brown, 2-3 min.
- Transfer to a small bowl. Set aside.



### 5 Finish and serve

- Divide **salad** between plates. Top with **salmon**.
- Sprinkle **remaining feta** over top.



### 3 Cook salmon

- Pat **salmon** dry with paper towels. Season with **garlic**, **salt** and **pepper**.
- Reheat the same pan over medium-high.
- When hot, add **1 tsp** (2 tsp) **oil**, then **salmon**, skin-side down. Pan-fry until golden-brown and cooked through, 3-4 min per side.\*\*

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**.

## Dinner Solved!



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