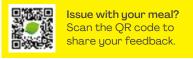


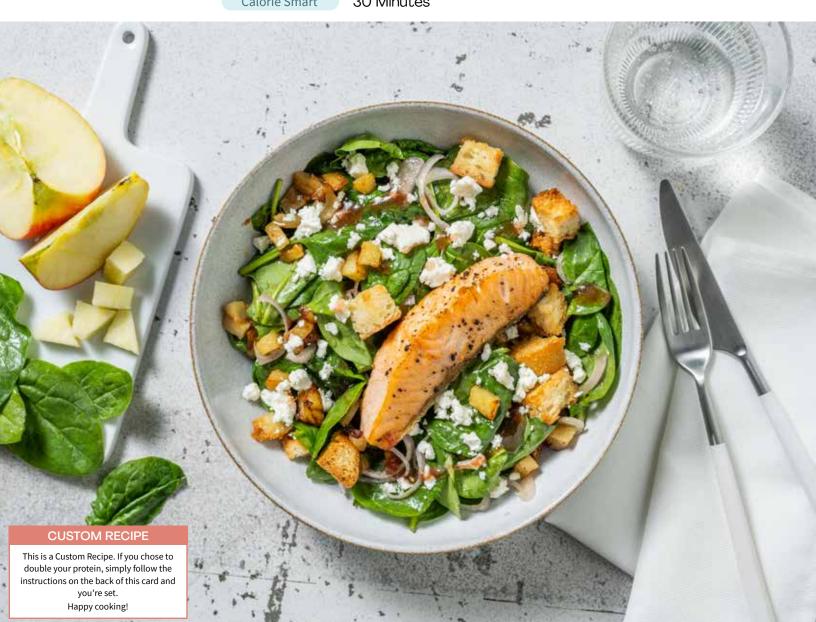
Cal Smart Apple and Salmon Salad

with Cranberry Dressing

Calorie Smart

30 Minutes









Salmon Fillets,





Croutons

Baby Spinach







Gala Apple

Garlic, cloves





White Wine Vinegar

Cranberry Spread





Feta Cheese, crumbled

Shallot

Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

Bust out

Measuring spoons, large bowl, small bowl, whisk, large non-stick pan, paper towels

Ingredients

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	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	⅓ cup	½ cup
Shallot	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

Salt and Pepper*

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.



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.



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.



- 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 goldenbrown 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.



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.



Finish and serve

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

Dinner Solved!



^{*} Pantry items

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