



Grilled Salmon, Cucumber and Apple Salad

with Croutons and Creamy Dressing

Grill

Quick

25 Minutes



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Salmon Fillets,
skin-on



Spring Mix



Mini Cucumber



Yogurt Sauce



Gala Apple



Ciabatta Roll



Lemon-Pepper
Seasoning

HELLO GALA APPLE

This juicy apple pairs perfectly with salads, adding a crisp and ever-so-sweet element!

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 400°F over medium heat.

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

Bust out

Measuring spoons, silicone brush, large bowl, whisk, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Spring Mix	113 g	227 g
Mini Cucumber	132 g	264 g
Yogurt Sauce	45 ml	90 ml
Gala Apple	1	2
Ciabatta Roll	1	2
Lemon-Pepper Seasoning	½ tbsp	1 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.



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Prep

- Halve **cucumbers** lengthwise, then cut into ½-inch half-moons.
- Core, then cut **apple** into ½-inch pieces.
- Halve **ciabatta**.
- Brush both sides of **ciabatta** with **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**.



Grill salmon

- Pat **salmon** dry with paper towels.
- Drizzle with **2 tsp** (4 tsp) **oil**. Season with **½ tbsp** (1 tbsp) **Lemon-Pepper Seasoning** and **salt**.
- Add **salmon** to the grill, skin-side down. (**NOTE:** Don't overcrowd the grill. Grill in batches, if necessary.) Close lid and grill until **salmon** is cooked through, 6-7 min.**
- Transfer **salmon** to a plate and cover to keep warm.



Make dressing

- Add **yogurt sauce** and **½ tbsp** (1 tbsp) **water** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Set aside.



Finish and serve

- If desired, gently remove and discard salmon skin.
- Cut **cooled ciabatta** into ½-inch croutons.
- Add **spring mix**, **apple**, **cucumbers** and **half the croutons** to the large bowl with **dressing**. Toss to combine.
- Divide **salad** between plates.
- Top with **salmon** and **remaining croutons**.



Grill ciabatta

- Add **ciabatta** to the grill. Close lid and grill until toasted, 1-2 min per side. (**TIP:** Keep an eye on ciabatta so they don't burn!)
- Transfer to a cutting board and set aside to cool.

Dinner Solved!