



Italian-Spiced Salmon

with Tuscan-Inspired Salad

30 Minutes



-  Salmon Fillets, skin-on
-  Ciabatta Roll
-  Lemon
-  Arugula and Spinach Mix
-  Italian Seasoning
-  Capers
-  Garlic Salt
-  Red Onion, chopped
-  Baby Tomatoes

HELLO ITALIAN SEASONING

A perfect combo of dried basil, thyme, oregano and garlic!

Start here

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

Bust out

Baking sheet, medium bowl, measuring spoons, zester, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Ciabatta Roll	1	2
Lemon	1	1
Arugula and Spinach Mix	56 g	113 g
Italian Seasoning	1 tbsp	2 tbsp
Capers	30 g	30 g
Garlic Salt	1 tsp	2 tsp
Red Onion, chopped	56 g	113 g
Baby Tomatoes	113 g	227 g
Sugar*	1 tsp	2 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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Prep

- Rinse **capers**, then pat dry with paper towels.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Halve **tomatoes**.
- Pat **salmon** dry with paper towels, then season with **half the Italian Seasoning, salt and pepper**.



Pan-fry salmon

- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**, skin-side down. Pan-fry until golden-brown and cooked through, 3-4 min per side. **



Broil croutons

- Cut **ciabatta** into ½-inch pieces.
- Whisk together **garlic salt, pepper** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl.
- Add **ciabatta**, then stir to coat.
- Arrange **ciabatta** on an unlined baking sheet in a single layer.
- Broil in the **middle** of the oven, stirring halfway through, until lightly golden, 4-5 min. (TIP: Keep an eye on them so they don't burn!)



Assemble salad

- Add **croutons, tomatoes** and **arugula and spinach mix** to the same large bowl (from step 2).
- Drizzle **half the dressing** over top, then toss to coat.



Make dressing and marinate onions

- Meanwhile, whisk together **capers, remaining Italian Seasoning, 1 tsp lemon zest, 1 tsp sugar, 1 tbsp lemon juice** and **2 tbsp oil** (dbl all for 4 ppl) in a medium bowl. Season with **salt and pepper**.
- Add **onions**. Toss to coat. Set aside.



Finish and serve

- Divide **salad** between plates, then top with **salmon**.
- Drizzle with **remaining dressing** and squeeze a **lemon wedge** over top, if desired.

Dinner Solved!