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MAY

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Oven-Roasted Salmon

with Avocado, Clementine & Quinoa Salad

Citrus is the gift that keeps on giving! Its tangy fruit and zest go into this protein-packed salmon dish. A citrus-scallion vinaigrette adds vibrance to nutty quinoa and zesty arugula. Luscious avocado is just the cherry on top!

 Prep:
35 min

 level 1

 nut
free

 dairy
free

 gluten
free

 make me
first



Salmon Fillets



Quinoa



Arugula



Avocado



White Wine Vinegar



Vegetable Broth
Concentrate



Clementine



Green Onion

Ingredients

	2 People	4 People
Salmon Fillets	2	4
Quinoa	1 pkg	2 pkgs
Clementine	1	2
Avocado	1	2
Vegetable Broth Concentrate	1 pkg	2 pkgs
Green Onions	2	4
Arugula	1 pkg	2 pkgs
White Wine Vinegar	1 bottle	2 bottles
Olive Oil*	2 ½ tbsp	5 tbsp

*Not Included

Allergens

- 1) Seafood/Fruit de mer
- 2) Sulphites/Sulfites

Tools

9x13-inch Baking Dish, Small Pot, Zester, Whisk, Large Bowl

Nutrition per person Calories: 826 cal | Fat: 53 g | Protein: 45 g | Carbs: 44 g | Fiber: 10 g

Ruler

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1 Prep: Preheat oven to 400°F. **Wash and dry all produce.** Combine **1 cup water** with **vegetable broth concentrate** in a small pot. Bring to a boil over medium heat. Meanwhile, zest the **clementine**, then peel it with your hands. Slice the **clementine** widthwise into thin rounds, then into half moons. Remove any seeds. Thinly slice the **green onions**, keeping white and green parts separate.



2 Add the **quinoa** to the boiling broth mixture. Cover and reduce heat to medium-low. Simmer until quinoa is tender and liquid has been absorbed, about 15 min. Set aside.



3 Cook the salmon: Meanwhile, arrange the **salmon fillets** in a 9x13-inch baking dish. Rub the fillets with **½ tbsp oil** and half the **clementine zest**. Season with salt and pepper. Bake in the centre of oven until fish is flaky and opaque, 8 to 10 min.



4 Make the vinaigrette: Meanwhile, in a large bowl, whisk the remaining **clementine zest** with **white wine vinegar**, **2 tbsp olive oil**, and a pinch of salt and pepper. Drizzle half the vinaigrette over cooked quinoa, and stir to coat.

5 Prep the salad: Halve, pit, and peel the **avocado**, then thinly slice. Add the **arugula**, **clementine segments**, **green onion whites** and **avocado** with the remaining vinaigrette.

6 Plate: Divide quinoa among plates. Top with arugula salad, then salmon fillets. Sprinkle with **green onion**. Enjoy!