



# Scandi-Style Salmon

with Pickled Shallot Dressing

Quick 25 Minutes



Salmon Fillets, skinless



Yellow Potato



Gala Apple



Shallot



Dill



Arugula and Spinach Mix



White Wine Vinegar



Whole Grain Mustard



Honey



Dill-Garlic Spice Blend

## HELLO DILL

*This delicate herb comes from the same family as parsley and celery!*



## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Medium bowl, colander, measuring spoons, large bowl, small pot, small bowl, whisk, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Yellow Potato	360 g	720 g
Gala Apple	1	2
Shallot	50 g	100 g
Dill	7 g	14 g
Arugula and Spinach Mix	56 g	113 g
White Wine Vinegar	1 tbsp	2 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Dill-Garlic Spice Blend	1 tsp	2 tsp
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.*

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## Cook potatoes

Cut **potatoes** into 1 ½-inch pieces. Add **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min. Drain and return **potatoes** to the same pot, off heat.



## Make salad

While **salmon** cooks, core, then cut **apple** into ¼-inch matchsticks. Add **1 tbsp pickling liquid** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Drain **shallots**, discarding remaining pickling liquid. Add **shallots, apples** and **arugula and spinach mix** to the bowl with **dressing**, then toss to combine.



## Pickle shallots

While **potatoes** cook, peel, then thinly slice **shallot**. Add **shallots, vinegar, half the honey** and **2 tbsp water** (dbl for 4 ppl) to a small pot. Season with **salt**. Bring to a simmer over medium-high heat. Cook, stirring often, until **salt** dissolves, 1-2 min. Remove the pot from heat. Transfer **shallots**, including **pickling liquid**, to a medium bowl. Place in the fridge to cool.



## Finish potatoes

When **potatoes** are tender, finely chop **dill**. Add **half the dill** and **1 tbsp butter** (dbl for 4 ppl) to the pot with **potatoes**. Gently toss to melt **butter** and coat **potatoes**, 1-2 min. Season with **salt** and **pepper**, to taste.



## Cook salmon

Stir together **mustard, remaining honey** and **1 tbsp water** (dbl for 4 ppl) in a small bowl. Pat **salmon** dry with paper towels, then season with **salt, pepper** and **Dill-Garlic Spice Blend**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry until golden-brown and cooked through, 2-3 min per side.\*\* Remove the pan from heat, then add **honey-mustard mixture**. Gently flip **salmon** to coat.



## Finish and serve

Divide **salmon**, with any **sauce** from the pan, **potatoes** and **salad** between plates. Sprinkle **remaining dill** over top.

## Dinner Solved!