



# Scandi-Style Salmon

## with Apple and Pickled Onion Salad

Quick

25 Minutes

**\*2 Double**



Double Salmon Fillets, skin-on  
500 g | 1000 g

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or

**\*2 Double**

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Salmon Fillets, skin-on  
250 g | 500 g



Yellow Potato  
350 g | 700 g



Gala Apple  
1 | 2



Red Onion  
1 | 1



Dill  
7 g | 14 g



Spring 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

**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.

**Pantry items** | Unsalted butter\*, oil\*, salt\*, pepper\*

**Cooking utensils** | Medium bowl, colander, measuring spoons, large bowl, small pot, small bowl, whisk, strainer, large pot, large non-stick pan, paper towels

1



### Cook potatoes

• Before starting, wash and dry all produce.

- Quarter **potatoes**.
- 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.

2



### Pickle onions

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch slices.
- Add **onions, vinegar, half the honey** and **2 tbsp** (4 tbsp) **water** to a small pot. Season with **salt**.
- Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **salt** dissolves, 1-2 min.
- Remove from heat, then transfer **onions**, including **pickling liquid**, to a medium bowl. Place in the fridge to cool.

3



### Cook salmon

\*2 Double | **Salmon Fillets**

- Combine **mustard** and **remaining honey** 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 heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **salmon**, skin-side down. Cook until **skin** is crispy, 4-5 min.
- Flip and cook until **salmon** is cooked through, 3-4 min. \*\* (**TIP**: Reduce heat to medium-low if salmon browns too quickly.)
- Remove the pan from heat, then spread **honey mustard** over **skin side of salmon**.

4



### Make salad

- Meanwhile, core, then cut **apple** into ¼-inch matchsticks.
- Add **1 ½ tbsp** (3 tbsp) **pickling liquid** and ½ **tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**. Whisk to combine.
- Drain **pickled onions** and discard remaining pickling liquid.
- Add **pickled onions, apples** and **spring mix** to the bowl with **dressing**, then toss to combine.

5



### Finish potatoes

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

6



### Finish and serve

- Divide **salmon, potatoes** and **salad** between plates.
- Sprinkle **remaining dill** over top.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

3 | Cook salmon

\*2 Double | **Salmon Fillets**

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**. Work in batches, if necessary.

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



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