



Seared Salmon and Horseradish Sauce with Crisp Apple Salad

Family Friendly 30-40 Minutes



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CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!



Salmon Fillets, skin-on



Double Salmon Fillets, skin-on



Russet Potato



Sour Cream



Creamy Horseradish Sauce



Baby Spinach



Gala Apple



Lemon



Mayonnaise



Zesty Garlic Blend

HELLO HORSERADISH

This spicy root is in the same family as wasabi!

Start here

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

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

Bust out

Baking sheet, measuring spoons, large bowl, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon Fillets, skin-on	500 g	1000 g
Russet Potato	460 g	920 g
Sour Cream	3 tbsp	6 tbsp
Creamy Horseradish Sauce	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Gala Apple	1	2
Lemon	1	2
Mayonnaise	2 tbsp	4 tbsp
Zesty Garlic Blend	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ 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.

1



Roast potatoes

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **half the Zesty Garlic Blend** and **1 tbsp oil** to an unlined baking sheet. Season with **pepper**, then toss to coat. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and the top of the oven, rotating sheets halfway through.)

4



Cook salmon

- Pat **salmon** dry with paper towels. Season flesh side with **remaining Zesty Garlic Blend**.
- Heat a large non-stick pan over medium-high 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 cooked through, 2-3 min.**

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**.

2



Marinate apples

- Meanwhile, core, then cut **apple** into ¼-inch slices.
- Juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **apples**, **1 tbsp** (2 tbsp) **oil**, **1 tbsp** (2 tbsp) **lemon juice**, ¼ **tsp** (½ tsp) **sugar** and ¼ **tsp** (½ tsp) **salt** to a large bowl, then toss to coat.

5



Make salad

- Add **spinach** to the large bowl with **apples**. Toss to combine.

3



Make horseradish sauce

- Add **sour cream**, **creamy horseradish sauce** and **mayo** to a small bowl. Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Divide **potatoes**, **salad** and **salmon** between plates.
- Drizzle **some horseradish sauce** over **salmon**. Serve **remaining horseradish sauce** on the side for dipping.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!



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