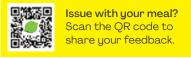


Seared Salmon and Horseradish Sauce

with Crisp Apple Salad

Family Friendly 30-40 Minutes







Salmon Fillets,















Baby Spinach

Russet Potato





Creamy Horseradish



Gala Apple



Mayonnaise



Zesty Garlic Blend

Start here

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

Measurements 1 tbsp (2 tbsp) oil synthin steps 2 person 4 person Ingredient

Bust out

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

Ingredients

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	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*	1/4 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.





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 goldenbrown, 25-28 min. (NOTE: For 4 ppl, roast in the middle and the top of the oven, rotating sheets halfway through.



Marinate apples

- Meanwhile, core, then cut **apple** into 1/4-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.



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



Cook salmon

- Pat salmon dry with paper towels. Season flesh side with remaining Zesty Garlic Blend.
- Heat a large non-stick pan over mediumhigh 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**.



Make salad

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



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!