

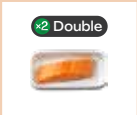


Smart Salmon and Lemony Lentil Bowls

with Garlicky Feta Crema

Smart Meal

25 Minutes



Salmon Fillets, skin-on
500 g | 1000g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit [hellofresh.ca](https://www.hellofresh.ca)



Salmon Fillets, skin-on
250 g | 500 g



Lentils
1 | 2



Baby Spinach
56 g | 113 g



Lemon
1 | 2



Sour Cream
3 tbsp | 6 tbsp



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Garlic, cloves
2 | 4



Sweet Potato
1 | 2

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 | Oil, salt, pepper

Cooking utensils | Baking sheet, vegetable peeler, medium non-stick pan, measuring spoons, strainer, zester, small bowl, large non-stick pan, paper towels

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Garlic Guide for Step 3:**
 - Mild: ¼ tsp (½ tsp)
 - Medium: ½ tsp (1 tsp)
 - Extra: 1 tsp (2 tsp)

- Using a strainer, drain and rinse **lentils**.
- Peel, then cut **sweet potato** into ½-inch cubes.
- Peel, then finely mince or grate **garlic**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.

2



Roast sweet potatoes

- Add **sweet potatoes** and ½ **tbsp** (1 **tbsp**) **oil** to an unlined baking sheet.
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender, 16-18 min.

3



Make feta crema

- Meanwhile, add **feta**, **sour cream**, **half the garlic**, **half the lemon zest**, ½ **tbsp** (1 **tbsp**) **lemon juice** and ½ **tbsp** (1 **tbsp**) **water** to a small bowl. (**NOTE:** Reference garlic guide.)
- Using a fork, mash until almost smooth.

4



Cook salmon

×2 Double | Salmon

- Heat a medium non-stick pan over medium-high heat.
- While the pan heats, pat **salmon** dry with paper towels. Season with **salt** and **pepper**.
- When the pan is hot, add 1 **tsp** (2 **tsp**) **oil**, then **salmon**, skin-side down.
- Cook until skin is crispy, 4-5 min. Flip and cook until **salmon** is opaque and cooked through, 2-3 min.**
- Remove and discard skin, if desired. Using a fork, break up **salmon** into bite-sized pieces.

5



Warm lentils

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When the pan is hot, add 1 **tsp** (2 **tsp**) **oil**, then **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **lentils** and ¼ **tsp** (½ **tsp**) **salt**. Cook, stirring often, until **lentils** are warmed through, 2-3 min.
- Remove the pan from heat.
- Drizzle ½ **tbsp** (1 **tbsp**) **lemon juice** and sprinkle **remaining lemon zest** over the pan.
- Add **spinach**, then stir until slightly wilted, 1-2 min. Season with **pepper**.

6



Finish and serve

- Divide **lentils** between bowls.
- Top with **sweet potatoes** and **salmon**, then drizzle **feta crema** over top.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

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

3 | Cook salmon

×2 Double | Salmon

If you've opted for **double salmon**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of salmon**.

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



Issue with your meal? Scan the QR code to share your feedback.