



HELLO

FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

BUST OUT

- Paper towels
- Large bowl
- Large pan
- Small bowls
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (2 tsp | 2 tsp)



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SEARED SALMON & KALE SALAD WITH MANGO

Tangy Avocado Dressing, Tomato, Scallion

**FAST &
FRESH**

BOX TO PLATE: 15 MINUTES



CALORIES: 610

1 SIZZLE



10 oz | 20 oz
Salmon
Contains: Fish



1 TBSP | 1 TBSP
Fry Seasoning

- Pat **salmon*** dry. Drizzle with **oil**; season all over with **half the Fry Seasoning (all for 4), salt, and pepper.**
- Drizzle **oil** in a hot large pan. Cook salmon, skin sides down, until skin is crisp, 5-7 minutes. Flip; cook until cooked through, 1-2 minutes more. **TIP: Lower heat if salmon begins to brown too quickly.**
- Transfer to a plate. **TIP: While salmon cooks, move to Step 2!**



2 PREP



1 | 2
Lemon



1 | 2
Mango



4 oz | 8 oz
Kale



1 | 2
Tomato

- **Wash and dry produce.**
- Quarter **lemon**. Drain **juice from mango** into a small bowl and set aside. Remove any large stems from **kale**; chop if desired. Slice **tomato** into rounds.



3 MIX



4 TBSP | 8 TBSP
Guacamole



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk

- Place **kale** in a large bowl; using your hands, massage **kale** with a **large drizzle of olive oil** until leaves are tender, 1 minute.
- In a small bowl, mix **guacamole, sour cream, 2 TBSP mango juice, juice from one lemon wedge (4 TBSP mango juice and two wedges for 4), salt, and pepper.** **TIP: Add water or mango juice 1 tsp at a time to thin out dressing if needed.**
- Add **tomato, mango, and half the dressing** to bowl with **kale**; toss.

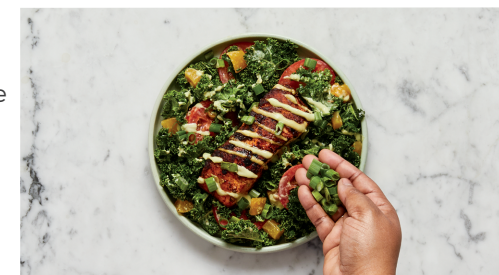


4 SERVE



2 | 4
Scallions

- Thinly slice **scallion greens (save whites for another use).**
- Top **kale salad** with **salmon**. Drizzle with **remaining dressing**. Garnish with **scallion greens**. Serve with **remaining lemon wedges.**



*Salmon is fully cooked when internal temperature reaches 145°.