



Cal Smart Supercharged Salmon Salad with Creamy Dressing

Calorie Smart

Quick

25 Minutes



Salmon Fillets, skin-on



Spring Mix



Coleslaw Cabbage Mix



Mini Cucumber



Salad Topping Mix



Mayonnaise



White Wine Vinegar



Smoked Paprika-Garlic Blend

HELLO PEPITAS

Add to soups and salads for extra crunch!

Start here

Before starting, wash and dry all produce.

Bust out

Large bowl, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Spring Mix	56 g	113 g
Coleslaw Cabbage Mix	170 g	340 g
Mini Cucumber	132 g	264 g
Salad Topping Mix	28 g	56 g
Mayonnaise	4 tbsp	8 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Sugar*	½ tsp	1 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 Prep

Halve **cucumbers** lengthwise, then cut into ¼-inch half-moons.



2 Make dressing

Add **mayo**, **vinegar** and ½ **tsp sugar** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Reserve **2 tbsp dressing** (dbl for 4 ppl) in a small bowl. (**NOTE:** You will use the reserved dressing in step 5.)



3 Prep and cook salmon

Pat **salmon** dry with paper towels, then season with **Smoked Paprika-Garlic Blend** and **salt**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **salmon**, skin-side down. Pan-fry until golden-brown and cooked through, 3-4 min per side.**



4 Toss salad

Meanwhile, add **coleslaw cabbage mix**, **cucumbers** and **spring mix** to the large bowl with **dressing**. Season with **salt** and **pepper**, then toss to coat.



5 Finish and serve

Divide **salad** between plates. Top with **salmon**. Sprinkle with **salad topping mix**. Drizzle **reserved dressing** over **salmon**.

Dinner Solved!

Contact

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