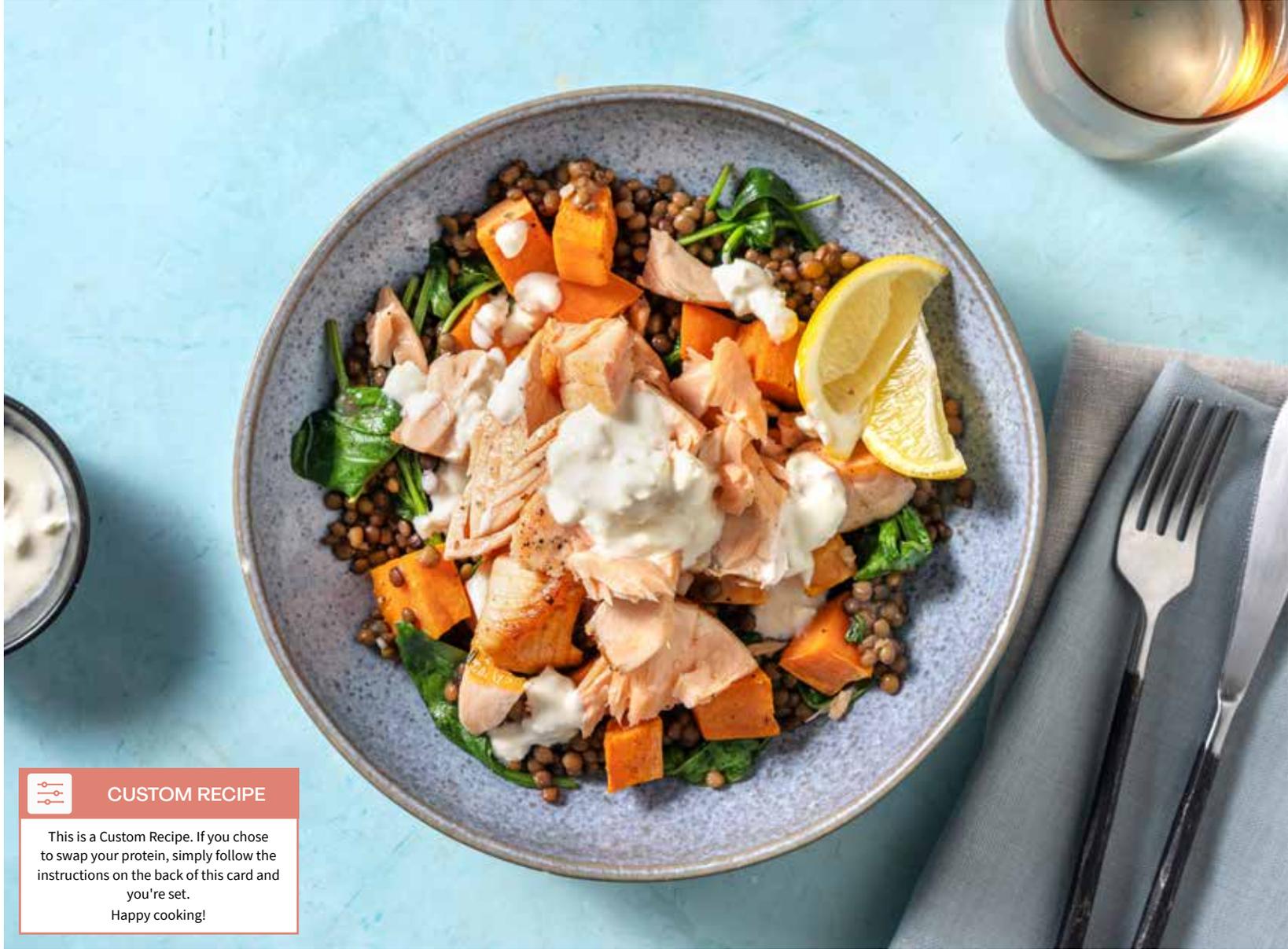




Carb Smart Salmon and Lemony Lentil Bowl with Garlicky Feta Crema

Carb Smart 25 Minutes



Salmon Fillets, skinless



Barramundi



Lentils, canned



Baby Spinach



Lemon



Sour Cream



Feta Cheese, crumbled



Garlic



Sweet Potato

CUSTOM RECIPE

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

HELLO FETA

A salty, briny cheese with a crumbly texture!

Start here

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

Garlic Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

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

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
 Barramundi	282 g	564 g
Lentils, canned	370 ml	740 ml
Baby Spinach	113 g	227 g
Lemon	1	2
Sour Cream	3 tbsp	6 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Garlic	6 g	12 g
Sweet Potato	170 g	340 g
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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

Drain and rinse **lentils** in a strainer. 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.



Cook 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 hot, add **1 tsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry until golden-brown and cooked through, 2-3 min per side.** Use a fork to break up **salmon** into bite-sized pieces.

CUSTOM RECIPE

If you've opted to get **barramundi**, prep it in the same way the recipe instructs you to prep the **salmon**. To cook the **barramundi**, heat a medium non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **barramundi**, skin-side down. Cook until skin is crispy, 4-5 min. Flip and cook until **barramundi** is opaque and cooked through, 2-3 min.** Use a fork to break up **barramundi** into bite-sized pieces. Discard skin.



Roast sweet potatoes

Add **sweet potatoes** and **½ tsp oil** (dbl for 4 ppl) to a 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.



Warm lentils

While **salmon** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **remaining garlic**. Cook, stirring often, until fragrant, 30 sec. Add **lentils** and **¼ tsp salt** (dbl for 4 ppl). Cook, stirring often, until **lentils** are warmed through, 2-3 min. Remove the pan from heat. Drizzle **½ tsp lemon juice** (dbl for 4 ppl) and sprinkle **remaining lemon zest** over the pan. Add **spinach**, then stir until **spinach** is gently wilted. Season with **pepper**, to taste.



Make feta crema

While **sweet potatoes** roast, add **feta**, **sour cream**, **half the garlic**, **half the lemon zest**, **½ tsp lemon juice** and **½ tsp water** (dbl both for 4 ppl) to a small bowl. (**NOTE:** Reference garlic guide.) Mash with a fork until almost smooth.



Finish and serve

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

Dinner Solved!