



Italian Salmon

with Tuscan Chickpea Salad

30 Minutes



Salmon Fillets



Chickpeas



Lemon



Arugula and Spinach Mix



Italian Seasoning



Capers



Garlic



Shallot



Cherry Tomatoes

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO ITALIAN SEASONING

A perfect combo of dried basil, thyme, oregano and garlic!

Start here

- Before starting, remove the can of chickpeas from the fridge and allow to come up to room temperature.
- Preheat your broiler to high.
- Wash and dry all produce.

Bust Out

Medium Bowl, Baking Sheet, Measuring Spoons, Large Bowl, Paper Towels, Large Non-Stick Pan, Whisk, Zester, Garlic Press, Strainer, Parchment Paper

Ingredients

	2 Person	4 Person
Salmon Fillets	285 g	570 g
Chickpeas	398 ml	796 ml
Lemon	1	1
Arugula and Spinach Mix	56 g	113 g
Italian Seasoning	1 tbsp	2 tbsp
Capers	30 g	30 g
Garlic	3 g	6 g
Shallot	50 g	100 g
Cherry Tomatoes	113 g	227 g
Sugar*	1 tsp	2 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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Prep

Reserve **¼ cup chickpea liquid** (dbl for 4 ppl), then drain and rinse **chickpeas**. Rinse **capers**, then pat dry with paper towels. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Halve **tomatoes**. Peel, then thinly slice **shallot**. Peel, then mince **garlic**. Pat **salmon** dry with paper towels, then sprinkle with **half the Italian seasoning**. Season with **salt and pepper**.



4 Pan-fry salmon

Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry, until golden-brown and cooked through, 3-4 min per side.**



2 Broil chickpeas

Whisk together **garlic** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**. Add **chickpeas** and stir to coat. Arrange **chickpeas** on a baking sheet. Broil in the **middle** of the oven, stirring halfway through cooking, until lightly golden, 7-8 min. (**NOTE:** Keep an eye on them so they don't burn!)



5 Assemble salad

Add **roasted chickpeas, tomatoes** and **mixed greens** to the same large bowl from Step 2. Drizzle over **half the dressing** from the medium bowl and toss to coat.



3 Make dressing

While **chickpeas** broil, whisk together **capers, reserved chickpea liquid, remaining Italian Seasoning, 1 tsp lemon zest, 1 tsp sugar, 1 tbsp lemon juice** and **2 tbsp oil** (dbl all for 4 ppl) in a medium bowl. Season with **salt** and **pepper**. Add **shallots**. Toss to coat. Set aside.



6 Finish and serve

Divide **salad** between plates, then top with **salmon**. Drizzle over **remaining dressing** and squeeze over a **lemon wedge**, if desired.

Dinner Solved!