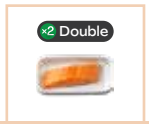




Italian-Spiced Salmon

with Tuscan-Inspired Salad

30 Minutes



Salmon Fillets, skin-on
500 g | 1000 g

↗ Custom Recipe + 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
- Ciabatta Roll
1 | 2
- Lemon
1 | 1
- Italian Seasoning
1 tbsp | 2 tbsp
- Capers
30 g | 30 g
- Garlic Salt
1 tsp | 2 tsp
- Red Onion
½ | 1
- Tomato
2 | 4
- Spring Mix
113 g | 227 g

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*, sugar*, salt*, pepper*

Cooking utensils | Baking sheet, medium bowl, measuring spoons, zester, large bowl, whisk, large non-stick pan, paper towels

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

×2 Double | Salmon

- Rinse **capers**, then pat dry with paper towels.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Cut **tomatoes** into ¼-inch pieces.
- Halve, peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch strips.
- Pat **salmon** dry with paper towels, then season with **half the Italian Seasoning, salt and pepper**.

2



Broil croutons

- Cut **ciabatta** into ½-inch pieces.
- Whisk together **garlic salt, pepper** and **1 tbsp** (2 tbsp) **oil** in a large bowl.
- Add **ciabatta**, then stir to coat.
- Arrange on an unlined baking sheet in a single layer.
- Broil in the **middle** of the oven, stirring halfway through, until lightly golden, 4-5 min. (**TIP:** Keep an eye on them so they don't burn!)

3



Make dressing and marinate onions

- Meanwhile, whisk together **capers, remaining Italian Seasoning, 1 tsp** (2 tsp) **lemon zest, 1 tsp** (2 tsp) **sugar, 1 tbsp** (2 tbsp) **lemon juice** and **2 tbsp** (4 tbsp) **oil** in a medium bowl.
- Season with **salt and pepper**.
- Add **onions**. Toss to coat. Set aside.

4



Pan-fry salmon

- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **salmon**, skin-side down.
- Pan-fry until golden-brown and cooked through, 3-4 min per side. **

5



Assemble salad

- Add **croutons, tomatoes** and **spring mix** to the same large bowl (from step 2).
- Drizzle **half the dressing** over top, then toss to coat.

6



Finish and serve

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

Measurements
within steps

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

1 | Prep

×2 Double | Salmon

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

** 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.