



Cooking Made Easy

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Pan-Seared Salmon

with Honeydew-Cucumber Salsa & Watercress Salad



Forget what you know about salsa—this version turns your traditional tomato salsa upside-down with refreshing crunch, minty brightness, and subtle sweetness. Served atop flaky salmon and crispy roasted sweet potatoes, you'll be pleasantly surprised with this unusual combination of flavors.



35 min



level 2



nut free



lactose free



gluten free



seafood first



Salmon Fillets



Honeydew Melon



Mint



Sweet Potato



Shallot



Cucumber



Lime



Watercress

Ingredients	2 People	4 People
Salmon Fillets	1)	4
Honeydew Melon	4 oz	8 oz
Lime	1	2
Cucumber	1	2
Sweet Potato	1	2
Watercress	4 oz	8 oz
Mint	1 sprig	2 sprigs
Shallot	1	2
Olive Oil*	3 T	6 T

*Not Included

Allergens

1) Fish

Tools

Peeler, Baking Sheet, Zester, Medium Bowl, Small Bowl, Large Pan

Ruler

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Nutrition per person Calories: 782 cal | Carbs: 59 g | Fat: 44 g | Protein: 42 g | Fiber: 9 g



1 Preheat oven to 400 degrees. Peel and thinly slice the **sweet potato** into ¼-inch rounds. On a baking sheet, toss the sweet potatoes with ½ tablespoon **olive oil** and season with **salt** and **pepper**. Roast for 20-25 minutes, until golden brown and tender, flipping half way through.



2 Meanwhile, peel the **cucumber** and halve lengthwise, then scoop the seeds out with a spoon. Dice the cucumber and **honeydew** into ¼-inch cubes. Mince the **shallot** and **mint leaves**. Zest and halve the **lime**.



3 Make the **honeydew-cucumber salsa**: in a medium bowl, toss the **honeydew**, **mint**, **half the cucumber**, **half the shallot** (or less, to taste), and the juice of **half the lime**. Season with **salt** and **pepper**.

4 Make the **citronette**: in a small bowl, whisk together 2 tablespoons **olive oil**, the **lime zest**, the juice of the **remaining lime**, the **remaining shallot**, and a pinch of **salt** and **pepper**.



5 Heat ½ tablespoon **olive oil** in a large pan over medium-high heat. Season the **salmon** with **salt** and **pepper** on both sides, then add to the pan and cook 3-4 minutes per side, until golden brown and just opaque in the center.

6 Toss the **watercress**, **remaining cucumber**, and **roasted sweet potatoes** with the **citronette**, then top with the **salmon** and **honeydew-cucumber salsa**. Enjoy!