



Italian Salmon

with Tuscan Chickpea Salad

Quick 30 Minutes



Salmon Fillets, skinless



Chickpeas



Lemon



Arugula and Spinach Mix



Italian Seasoning



Capers



Garlic



Red Onion



Baby Tomatoes

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 set aside to come up to room temperature.
- Preheat your broiler to high.
- Wash and dry all produce.

Bust Out

Baking sheet, medium bowl, microplane/zester, measuring spoons, large bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 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
Red Onion	56 g	113 g
Baby 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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Prep

Reserve **¼ cup chickpea liquid** (dbl for 4 ppl), then drain and rinse **chickpeas**. Rinse **capers**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **remaining lemon** into wedges. Halve **tomatoes**. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Peel, then mince or grate **garlic**. Pat **salmon** dry with paper towels, then season with **half the Italian Seasoning, salt and pepper**.



Pan-fry salmon

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



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, then arrange **chickpeas** on a baking sheet in an even layer. 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!)



Assemble salad

Add **broiled chickpeas, tomatoes** and **arugula and spinach mix** to the same large bowl (from Step 2). Drizzle **half the dressing** over top, then toss to coat.



Make dressing and marinate onions

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 **onions**. Toss to coat. Set aside.



Finish and serve

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

Dinner Solved!