



Smoked Salmon & Ciabatta Crouton Salad

with Caper Aioli

FESTIVE STARTER

NEW

CLIMATE SUPERSTAR

Grab your meal kit
with this number

37



Capers



Cucumber



Onion



Bake-At-Home
Ciabatta



Garlic & Herb
Seasoning



Garlic Aioli



Dijon Mustard



Spinach & Rocket
Mix



Cold-Smoked
Salmon

Prep in: 15-25 mins
Ready in: 25-35 mins

Calorie Smart

Start Christmas dinner right with the starter of a lifetime! Smoked salmon steps up as the star of this recipe, or maybe it's the way the ciabatta crouton salad mingles with the caper aioli that really makes this dish sing? Either way, this starter is the gift that keeps on giving!

Pantry items

Olive Oil, White Wine Vinegar, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capers	1 packet	2 packets
cucumber	1	2
onion	½	1
white wine vinegar*	1 tbs	2 tbs
<i>(for the onion)</i>		
bake-at-home ciabatta	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic aioli	1 medium packet	1 large packet
Dijon mustard	1 packet	2 packets
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
<i>(for the dressing)</i>		
spinach & rocket mix	1 medium packet	2 medium packets
cold-smoked salmon	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2715kJ (752cal)	752kJ (208cal)
Protein (g)	23.7g	6.6g
Fat, total (g)	32.4g	9g
- saturated (g)	3.7g	1g
Carbohydrate (g)	64.2g	17.8g
- sugars (g)	8.3g	2.3g
Sodium (mg)	1962mg	543.5mg
Dietary Fibre (g)	7g	1.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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1



Get prepped

- Roughly chop **capers** (reserve liquid).
- Thinly slice **cucumber** into rounds.
- Thinly slice **onion** (see ingredients).
- In a small microwave-safe bowl, combine **onion**, the **white wine vinegar (for the onion)** and a good pinch of **sugar** and **salt**.
- Microwave **onion** for **30 second** bursts, until softened. Allow to cool.

3



Make the dressing

- In a small bowl, combine **capers**, **garlic aioli** and a splash of the reserved **caper liquid**. Season with **pepper** and set aside.
- In a second large bowl, combine **Dijon mustard**, the **honey**, a drizzle of **white wine vinegar (for the dressing)** and a good drizzle of **olive oil**. Season with **salt** and **pepper**.

TIP: Capers have a strong flavour, add less if desired.

2



Make the croutons

- Cut or tear **bake-at-home ciabatta** into bite-sized chunks.
- In a large bowl, combine **ciabatta chunks**, **garlic & herb seasoning** and a drizzle of **olive oil**.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **ciabatta**, tossing, until golden and slightly crispy, **5-6 minutes**. Season to taste with **salt** and **pepper**.

4



Serve up

- Drain pickled onion.
- Add croutons, cucumber, **spinach & rocket mix** and pickled onion to the dressing.
- Transfer ciabatta crouton salad to a serving bowl.
- Top with torn **cold-smoked salmon** and drizzle with caper aioli to serve. Enjoy!

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