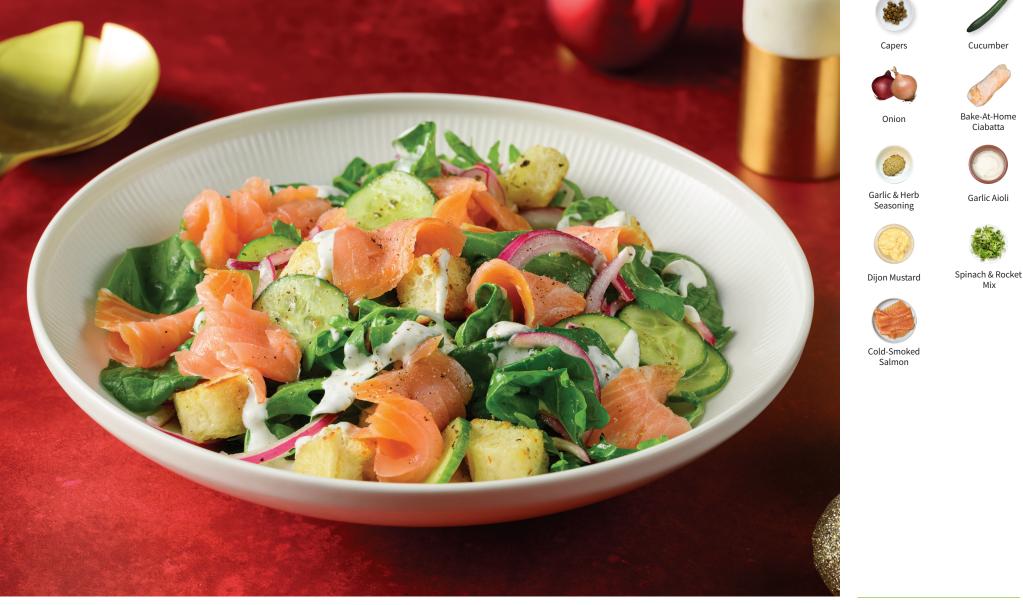


Smoked Salmon & Ciabatta Crouton Salad with Caper Aioli

Grab your meal kit with this number



FESTIVE STARTER



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

Carb 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

	2 People	4 People	
olive oil*	refer to method	refer to method	
capers	1 packet	2 packets	
cucumber	1	2	
onion	1/2	1	
white wine vinegar* (for the onion)	1 tbs	2 tbs	
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* (for the dressing)	drizzle	drizzle	
spinach & rocket mix	1 medium packet	2 medium packets	
cold-smoked	1 packet	2 packets	

salmon

*Pantry Items Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2715kJ (649cal)	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.





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.



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.



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 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.

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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.
- Tear over cold-smoked salmon and drizzle with caper aioli to serve. Enjoy!

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