

# Smoked Salmon & Ciabatta Crouton Salad

with Caper Aioli

FESTIVE STARTER

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

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
<b>olive oil*</b>	refer to method	refer to method
capers	1 packet	2 packets
cucumber	1	2
onion	½	1
<b>white wine vinegar*</b> <i>(for the onion)</i>	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
<b>honey*</b>	1 tsp	2 tsp
<b>white wine vinegar*</b> <i>(for the dressing)</i>	drizzle	drizzle
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)	2741kJ (655Cal)	754kJ (180Cal)
Protein (g)	23.9g	6.6g
Fat, total (g)	32.4g	8.9g
- saturated (g)	3.7g	1g
Carbohydrate (g)	65.4g	18g
- sugars (g)	8.7g	2.4g
Sodium (mg)	2079mg	572mg
Dietary Fibre (g)	7.1g	2g

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

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## Get prepped

- Roughly chop **capers** (reserving 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 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.



## 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** until golden and slightly crispy, **5-6 minutes**. Season to taste.



## 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 **smoked salmon** and drizzle with caper aioli to serve. Enjoy!

## Rate your recipe

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