

# Salmon Caesar Salad

with Capers

hellóchef

This low-carb version of the American classic swaps chicken for salmon and croutons for crispy capers.

Cals 616 • Prot 55 • Carbs 15 • Fat 39

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salad	2 ppl	3 ppl	4 ppl	
Salmon cubes <b>6*</b>	350	525	700	Grams
Romaine lettuce	300	400	600	Grams
Parmesan <b>4*</b>	60	90	120	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Capers	40	60	80	Grams
Dressing				
Fresh chives	15	15	15	Grams
Garlic cloves	1	2	2	Piece
Anchovies <b>6*</b>	10	15	15	Grams
Lemon	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Water	15	20	20	ML
Mayonnaise <b>5*, 9*, 13*</b>	50	75	100	Grams
Salt	0.5	0.5	0.5	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Allergens

**\*6 Fish, \*4 Milk, \*5 Eggs, \*9 Soya, \*13 Mustard**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information Per Serving\*

Energy (kJ/kcal)	2577 / 616
Fat (g)	39.4
of which saturates (g)	11.4
Carbohydrate (g)	15
of which sugars (g)	4.3
Fiber (g)	6.2
Protein (g)	54.5
Salt (g)	3.7

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Roughly chop the **romaine lettuce**. Finely slice the **chives**. Peel and roughly chop the **garlic**. Using a peeler, shave half of the **Parmesan** into shavings. Grate the other half of the **Parmesan** with a fine blade.



2 Make dressing

Add the chopped **garlic** and **anchovies** to a pestle and mortar. Grind until you are left with a smooth paste. Squeeze the **lemon** juice into a bowl. Whisk the **anchovy paste**, the grated **Parmesan**, **olive oil**, **water**, **mayonnaise**, chopped **chives** and a pinch of **salt** and **pepper** in the **lemon** juice until fully combined.



3 Fry salmon

Heat a non-stick pan over a medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **salmon cubes** and cook for 2-3 min until cooked through.

**Tip!** Slightly under cook the salmon so it stays pink inside and doesn't dry out.



4 Serve

Toss the chopped **lettuce** in the **dressing**. Top with the **salmon**, **Parmesan** shavings and **capers**.