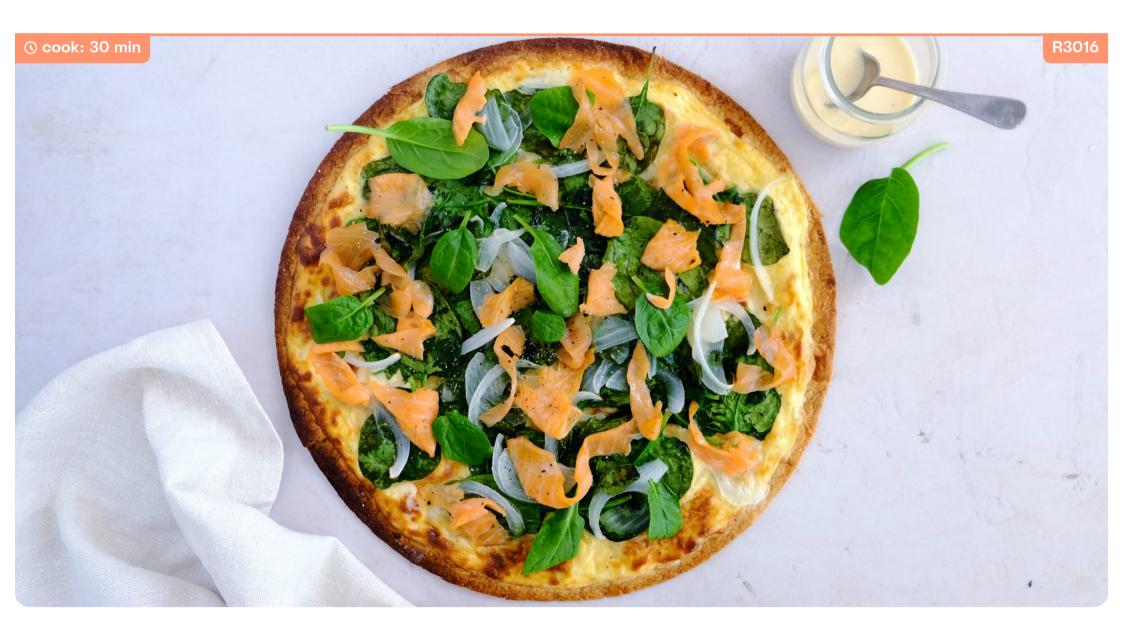
Salmon 'Flammenkuchen' with Sour Cream and Spinach

Flammenkuchen, or tarte flambée, comes from the French-German border and is commonly made with cured pork (not salmon!).

helló chef

Cals 279 • Prot 31 • Carbs 11 • Fat 13

hellochef.com • 04-383-93-99 • hello@hellochef.com



Before you start

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

Ingredients

-				
Baby spinach	60	90	125	Grams
Smoked Salmon Slices 6*	200	400	400	Grams
White onion	1	1	2	Pieces
Cream cheese 4*	20	20	40	Grams
Sour cream 4*	60	90	120	Grams
Organic Eggs 5 *	1	1	2	Pieces
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	1	1	2	Tbsp
8" tortilla wraps 10*, 11*	2	3	4	Pieces

Allergens

*6 Fish, *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten

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)	1165 / 279
Fat (g)	13.3
of which saturates (g)	6.9
Carbohydrate (g)	11
of which sugars (g)	7
Fiber (g)	1.7
Protein (g)	30.7
Salt (g)	0.5

*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

Preheat the oven to 200°C/180°C fan. Peel and finely slice the **onion**. Wash and dry the **spinach**. Tear the **salmon** into bite-size pieces.



2 Prep sour cream

In a bowl, whisk the **cream cheese** and **sour cream** with the **eggs** until smooth. Season with **salt** and **pepper**.



3 Toss onion In a bowl, toss the **spinach** and **onion** with a drizzle of **olive oil**.



4 Bake flammenkuchen

Place the **tortilla wraps** on a baking tray (use multiple if you run out of space). Bake for 4 min. After 4 min, spoon the **sour cream** over the top, spreading it almost to the edges. Top with the **spinach**, **onion** and torn **salmon**. Bake in the oven for 10 min until browned and crispy. Serve immediately.