

Salmon 'Flammenkuchen'

with Sour Cream and Spinach

hellóchef

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

Cals 279 • Prot 31 • Carbs 11 • Fat 13

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🕒 cook: 30 min

R3016



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.