







# Smart Tikka-Sauced Salmon with Yogurt Sauce and Buttery Spinach Couscous


Smart Meal

Spicy

25 Minutes

 Swap	 Double
	
Shrimp 285 g   570 g	Salmon Fillets, skin-on 500 g   1000 g

 Customized Protein  Add  Swap or  Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca) 



	
Salmon Fillets, skin-on 250 g   500 g	Baby Spinach 28 g   56 g
	
Tomato 1   2	Green Onion 1   2
	
Couscous ½ cup   1 cup	Yogurt Sauce 3 tbsp   6 tbsp
	
Tikka Sauce ½ cup   1 cup	Indian Spice Mix 9 g   18 g
	
Cream Cheese 1   2	

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.  
 Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Butter, oil, salt, pepper

Cooking utensils | Baking sheet, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, small bowl, small pot, whisk

1



### Cook couscous

- Before starting, preheat oven to 450 ° F.
- Wash and dry all produce.
- To a medium pot, add  $\frac{2}{3}$  cup (1  $\frac{1}{3}$  cups) **water**,  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **butter** and  $\frac{1}{8}$  **tsp** ( $\frac{1}{4}$  **tsp**) **salt**. Season with **pepper** and bring to a boil over high.
- Once boiling, stir in **couscous**. Remove the pot from heat, then cover and set **couscous** aside for 5 min to rehydrate.

2



### Cook salmon

🔄 Swap | **Shrimp**

✖2 Double | **Salmon Fillets, skin-on**

- Line a baking sheet with parchment paper.
- Pat **salmon** dry with paper towels, pressing well to absorb as much moisture as possible. Season with **salt**, **pepper** and **half the Indian Spice Mix**.
- On the prepared baking sheet, arrange **salmon**. Drizzle **1 tsp** (2 **tsp**) **oil** over top.
- Roast **salmon** in the **top** of the oven for 8-10 min, until cooked through.\*\*

3



### Finish prep and marinate tomatoes

- While **salmon** cooks, roughly chop **spinach**.
- Thinly slice **green onion**.
- Cut **tomato** into  $\frac{1}{4}$ -inch pieces.
- To a small bowl, add **tomato**, **green onions** and **1 tsp** (2 **tsp**) **oil**. Season with **salt** and **pepper**. Stir to mix.

4



### Heat tikka sauce

- To a small pot, add **tikka sauce**, **cream cheese** and **remaining Indian Spice Mix**. Heat over medium-high for 3-5 min, whisking often until **sauce** is warmed through and smooth. Season with **salt** and **pepper**.

5



### Finish and serve

- Fluff **couscous** with a fork. Stir in **spinach**.
- Divide **couscous** and **salmon** between plates.
- Spoon **tikka sauce** over top.
- Drizzle **yogurt sauce** over top.
- Spoon **marinated tomatoes** over top.

Measurements within steps **1 tbsp** (2 **tbsp**) **oil**  
2-serving 4-serving Ingredient

#### For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### 2 | Cook shrimp

🔄 Swap | **Shrimp**

If you've opted for **shrimp**, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. Cook **shrimp** in the same way the recipe instructs you to cook the **salmon**\*\*

### 2 | Cook salmon

✖2 Double | **Salmon Fillets, skin-on**

If you've opted for **double salmon**, drizzle **2 tsp** (4 **tsp**) **oil** over top, then cook in the same way the recipe instructs you to cook the **regular portion of salmon**.

\*\* Cook salmon to a minimum internal temperature of 158°F, as size may vary, and cook shrimp to a minimum internal temperature of 165°F, as size may vary.