



Cal Smart Caper-Dill Dressed Salmon

with Couscous, Tomatoes and Spinach

Calorie Smart

25 Minutes



Salmon Fillets, skinless



Baby Tomatoes



Capers



Dill



Dijon Mustard



Couscous



Baby Spinach



Garlic, cloves



Lemon



Mayonnaise

HELLO CAPERS

Small but powerful capers add a bold, briny and salty flavour to this dish!

Start here

Before starting, wash and dry all produce.

Garlic Guide for Steps 4 and 5 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Dill Guide for Steps 4 and 5 (dbl for 4 ppl):

- Mildly: 1 tsp
- Dilly: 2 tsp
- Extra-dilly: 1 tbsp

Bust out

Measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Couscous	½ cup	1 cup
Baby Tomatoes	113 g	227 g
Baby Spinach	56 g	113 g
Capers	30 g	60 g
Garlic, cloves	1	2
Dill	7 g	14 g
Lemon	1	2
Dijon Mustard	1 ½ tsp	3 tsp
Mayonnaise	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

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.

Calorie Smart is based on a per serving calculation of the recipe's kilocalorie amount.

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Cook couscous

Add **¾ cup water** and **⅛ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, remove the pot from heat, then add **couscous**. Stir to combine. Cover and let stand for 5 min. When **couscous** is tender, fluff with a fork.



Make caper-dill sauce

While **salmon** cooks, add **Dijon, mayo, chopped capers, half the lemon juice, 1 tsp dill** and **half the garlic** to a small bowl. (NOTE: Reference dill and garlic guides.) Season with **salt and pepper**, to taste, then stir to combine.



Prep

While **couscous** cooks, halve **tomatoes**. Peel, then mince or grate **garlic**. Drain **capers**, reserving **brine**, then pat dry with paper towels. Roughly chop **a quarter of the capers**. Zest **lemon**. Juice **half the lemon**, then cut **remaining lemon** into wedges. Roughly chop **dill**. Roughly chop **spinach**.



Finish couscous

Add **couscous, tomatoes, spinach, lemon zest, remaining capers, remaining lemon juice, reserved caper brine, 1 tbsp oil** (dbl for 4 ppl), **remaining garlic** and **1 tsp dill** to a large bowl. (NOTE: Reference garlic and dill guides.) Season with **salt and pepper**, to taste, then stir to combine.



Cook salmon

Heat a large non-stick pan over medium-high heat. While the pan heats, pat **salmon** dry with paper towels, then season with **salt and pepper**. When the pan is hot, add **1 tsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry until golden-brown and cooked through, 2-3 min per side.**



Finish and serve

Divide **couscous** between plates. Place **salmon** on top, then spoon **caper-dill sauce** over **salmon**. Sprinkle any **remaining dill** over top. Serve **lemon wedges** alongside.

Dinner Solved!