



# Cal Smart Caper-Dill Dressed Salmon

with Couscous, Tomatoes and Spinach

Calorie Smart

Quick

25 Minutes



Salmon Fillets, skin-on



Couscous



Baby Tomatoes



Baby Spinach



Capers



Garlic, cloves



Dill



Lemon



Dijon Mustard



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):

- Mild: 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, skin-on	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.*

## Contact

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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 garlic and dill 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**, skin-side down. Pan-fry until skin is crispy, 4-5 min. Flip and cook until **salmon** is golden-brown and cooked through, 2-3 min.\*\*



## 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!