



Cal Smart Harissa-Spiced Salmon with Jewelled Couscous

Calorie Smart 30 Minutes



Salmon Fillets, skin-on



Couscous



Mixed Olives



Dried Cranberries



Harissa Spice Blend



Garlic Puree



Parsley



Vegetable Broth Concentrate



Baby Spinach



Shallot



Lemon

HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, zester, medium pot, large bowl, parchment paper, 2 small bowls, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Couscous	½ cup	1 cup
Mixed Olives	30 g	60 g
Dried Cranberries	¼ cup	½ cup
Harissa Spice Blend	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Parsley	7 g	14 g
Vegetable Broth Concentrate	1	2
Baby Spinach	56 g	113 g
Shallot	50 g	100 g
Lemon	1	1
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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1 Prep

Peel, then finely chop **shallot**. Drain **olives** over a small bowl, reserving **olive brine**. Cut or tear **olives** in half. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Roughly chop **parsley**.



4 Make couscous

While **salmon** roasts, heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring occasionally, until softened, 2-3 min. Add **broth concentrate, reserved olive brine** and **½ cup water** (dbl for 4 ppl). Bring to a boil over high heat. Once boiling, stir in **couscous**, then remove the pot from heat. Cover and let stand for 5 min.



2 Make dressing

Add **olives, dried cranberries, parsley, half the lemon zest** and **lemon juice** to a large bowl. Season with **salt** and **pepper**, then stir to combine.



5 Finish couscous

Fluff **couscous** with a fork. Add **couscous** and **spinach** to the bowl with **dressing**, then toss to combine.



3 Roast salmon

Add **garlic puree, Harissa Spice Blend, remaining lemon zest** and **½ tbsp oil** (dbl for 4 ppl) to another small bowl. Season with **pepper**, then stir to combine. Pat **salmon** dry with paper towels. Season with **salt** and **pepper**. Arrange **salmon** skin-side down on a parchment-lined baking sheet. Spread **harissa mixture** over **salmon**. Roast in the **middle** of the oven until cooked through, 7-10 min.**



6 Finish and serve

Divide **jewelled couscous** between plates. Top with **salmon**. Squeeze over a **lemon wedge**, if desired

Dinner Solved!