



Cal Smart Lemon Butter-Basted Salmon with Pearl Couscous

Calorie Smart

30 Minutes



Salmon Fillets,
skinless



Pearl Couscous



Dill



Garlic, cloves



Lemon



Green Beans



Baby Tomatoes

HELLO PEARL COUSCOUS

Don't be fooled by their shape, these tiny pearls are actually pasta!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, strainer, zester, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Lemon	1	1
Pearl Couscous	¾ cup	1 ½ cups
Green Beans	170 g	340 g
Dill	7 g	7 g
Baby Tomatoes	113 g	227 g
Garlic, cloves	2	4
Unsalted Butter*	1 tbsp	2 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.

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1 Prep

Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat. While the **water** comes to a boil, trim **green beans**. Roughly chop **half the dill** (all for 4 ppl). Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Peel, then mince or grate **garlic**.



2 Roast veggies

Add **green beans, tomatoes, 1 tsp oil** (dbl for 4 ppl) and **half the garlic** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven until **veggies** are tender-crisp, 8-10 min.



3 Cook couscous

While **veggies** roast, add **couscous** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 6-8 min. Reserve **2 tbsp pasta water** (dbl for 4 ppl), then drain and return **couscous** to the same pot, off heat.



4 Cook salmon

While **couscous** cooks, pat **salmon** dry with paper towels. Sprinkle **lemon zest** over top, then season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **½ tbsp butter** (dbl for 4 ppl), then **salmon**. Pan-fry until golden-brown and cooked through, 3-4 min per side. **



5 Finish couscous

Add **reserved pasta water, remaining garlic, dill, 1 tbsp lemon juice** and **½ tbsp butter** (dbl both for 4 ppl) to **couscous**. Season with **salt** and **pepper**, then stir to combine.



6 Finish and serve

Divide **couscous, salmon** and **roasted veggies** between plates. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!