



Cal Smart Lemon Butter-Basted Salmon with Pearl Couscous

Calorie Smart

30 Minutes



Salmon Fillets,
skin-on



Lemon



Pearl Couscous



Green Beans



Dill



Baby Tomatoes



Garlic, cloves



Garlic Salt

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, skin-on	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
Garlic Salt	1 tsp	2 tsp
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.

Contact

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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 **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**.



Cook salmon

While **couscous** cooks, pat **salmon** dry with paper towels. Sprinkle **lemon zest** over top, then season with **half the garlic 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. **



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.



Finish couscous

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



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.



Finish and serve

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

Dinner Solved!