

Dukkah-Crusted Salmon

with Veggie Medley and Apricot Couscous

20-min



Salmon Fillets, skinless



Vegetable Broth Concentrate



Couscous



Lemon



Dried Apricots



Greek Yogurt



Dukkah Spice



Sweet Bell Pepper



Dill



Garlic Puree



Red Onion, sliced



Baby Tomatoes

HELLO DUKKAH SPICE

This Egyptian seasoning is a savoury blend of seeds, nuts and warm spices!

Start here

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

Bust out

Baking sheet, kettle, measuring spoons, zester, large bowl, parchment paper, small bowl, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Vegetable Broth Concentrate	1	2
Couscous	½ cup	1 cup
Lemon	1	1
Dried Apricots	56 g	56 g
Greek Yogurt	100 ml	200 ml
Dukkah Spice	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Dill	7 g	7 g
Garlic Puree	¼ tbsp	½ tbsp
Red Onion, sliced	56 g	113 g
Baby Tomatoes	113 g	227 g
Sugar*	¼ tsp	½ tsp
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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Prep

Halve **tomatoes**. Core, then cut **pepper** into ½-inch pieces. Pat **salmon** dry with paper towels. Season **salmon** all over with **salt** and **Dukkah Spice**.



Roast salmon and veggies

Transfer **salmon** to one side of a parchment-lined baking sheet. Add **peppers, onions, tomatoes** and **1 tbsp oil** to the other side of the baking sheet. Season with **salt** and **pepper**, then toss to combine. (**NOTE:** For 4 ppl, use two baking sheets, with 1 tbsp oil per sheet.) Roast **salmon** and **veggies** in the **middle** of the oven until **veggies** are tender and **salmon** is cooked through, 15-16 min. ****** (**NOTE:** For 4 ppl, roast in middle and top of the oven, rotating sheets halfway through.)



Finish prep

While **salmon** and **veggies** roast, finely chop **dill**. Roughly chop **apricots**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges.



Cook couscous

Bring a kettle of **water** to a boil. In a large bowl, stir together **couscous** and **apricots**. Stir in **¾ cup boiling water** (dbl for 4 ppl), then **broth concentrate**. Cover and let stand until **couscous** is tender and **liquid** is absorbed, 5-6 min.



Make lemon-dill yogurt

While **couscous** cooks, stir together **yogurt**, **half the dill**, **1 tbsp lemon juice**, **¼ tsp garlic puree**, **1 tsp lemon zest** and **¼ tsp sugar** (dbl all for 4 ppl) in a small bowl.



Finish and serve

Fluff **couscous** with a fork. Add **remaining dill** and **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine. Divide **couscous** between plates. Top with **salmon** and **veggies**. Drizzle **lemon-dill yogurt** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!