



Dukkah-Crusted Salmon

with Veggie Medley and Apricot Couscous

20-min



Salmon Fillets, skin-on



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, skin-on	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	1 ¼ tsp	2 ½ tsp
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.

Contact

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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

Arrange **salmon** on one side of a parchment-lined baking sheet, skin-side down. Add **peppers, onions, tomatoes** and **1 tbsp oil** (dbl for 4 ppl) to the other side of the baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast **salmon** and **veggies** in the **middle** of the oven until **veggies** are tender and **salmon** is cooked through, 15-16 min.**



Finish prep

Meanwhile, finely chop **dill**. Roughly chop **dried 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**, **1 tsp garlic puree**, **¼ tsp salt** (dbl both for 4 ppl) and **dried 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

Meanwhile, 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**. Dollop with **lemon-dill yogurt**. Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!