



# Dukkah-Crusted Salmon

## with Veggie Medley and Cranberry Couscous

Salmon Special

Quick

20 Minutes

**x2 Double**



Salmon Fillets, skin on  
500 g | 1000 g

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or

**x2 Double**

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Salmon Fillets, skin on  
250 g | 500 g



Vegetable Broth Concentrate  
1 | 2



Couscous  
1/2 cup | 1 cup



Lemon  
1 | 1



Yogurt Sauce  
6 tbsp | 12 tbsp



Dukkah Spice  
1 tbsp | 2 tbsp



Sweet Bell Pepper  
1 | 2



Dill  
7 g | 7 g



Garlic Puree  
1 1/4 tsp | 2 1/2 tsp



Onion, sliced  
56 g | 113 g



Baby Tomatoes  
113 g | 227 g



Dried Cranberries  
1/4 cup | 1/2 cup

**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.



**Pantry items** | Oil, salt, pepper, sugar, unsalted butter

**Cooking utensils** | Baking sheet, kettle, measuring spoons, zester, large bowl, parchment paper, small bowl, measuring cups, paper towels

1



### Start prep

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

×2 Double | Salmon Fillets

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

2



### Roast salmon and veggies

- Arrange **salmon** on one side of a parchment-lined baking sheet, skin-side down. Drizzle ½ **tbsp oil** over **each fillet**.
- Add **peppers, onions, tomatoes** and **1 tbsp (2 tsp) oil** to the other side of the baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until **veggies** are tender and **salmon** is cooked through, 15-16 min. \*\*

3



### Finish prep

- Meanwhile, finely chop **dill**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.

4



### Cook couscous

- Bring a kettle of **water** to a boil.
- Stir together **couscous, 1 tsp (2 tsp) garlic puree, ¼ tsp (½ tsp) salt** and **cranberries** in a large bowl.
- Stir in ⅔ **cup (1 ⅓ cups) boiling water**, then **broth concentrate** and **1 tbsp (2 tbsp) butter**.
- Cover and let stand until **couscous** is tender and **liquid** is absorbed, 5-6 min.

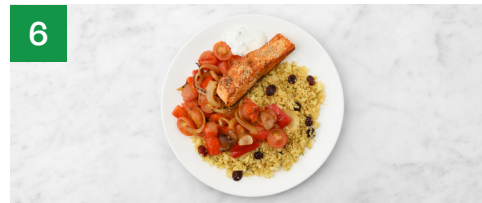
5



### Make lemon-dill yogurt

- Meanwhile, stir together **yogurt sauce, half the dill, 1 tbsp (2 tbsp) lemon juice, ¼ tsp (½ tsp) garlic puree, 1 tsp (2 tsp) lemon zest** and ¼ **tsp (½ tsp) sugar** in a small bowl.

6



### Finish and serve

- Fluff **couscous** with a fork. Add **remaining dill** and **1 tbsp (2 tbsp) oil**. 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.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2 person	4 person	Ingredient

## 1 | Start prep

×2 Double | Salmon Fillets

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of salmon**.

\*\* Cook to a minimum internal temperature of 70°C/158°F, as size may vary.



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