



Lemon Butter Basted Salmon

with Couscous and Green Beans

Calorie Smart

30 Minutes



Salmon Fillets



Lemon



Israeli Couscous



Green Beans



Dill



Baby Tomatoes



Garlic

HELLO ISRAELI COUSCOUS

Don't be fooled by its 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 cups, measuring spoons, strainer, zester, medium pot, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets	285 g	570 g
Lemon	1	2
Israeli Couscous	¾ cup	1 ½ cup
Green Beans	170 g	340 g
Dill	7 g	7 g
Baby Tomatoes	113 g	227 g
Garlic	6 g	12 g
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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Prep

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



Cook salmon

While **couscous** cooks, pat the **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. **



Roast veggies

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



Finish couscous

Add **reserved pasta water**, **half the dill** (all for 4 ppl), **1 tbsp lemon juice** and **½ tbsp butter** (dbl both for 4 ppl) to the **drained couscous**. Season with **salt** and **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. When **couscous** is done, reserve **2 tbsp pasta water** (dbl for 4 ppl), then drain and set aside.



Finish and serve

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

Dinner Solved!