



# 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.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



### 1 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.



### 2 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.



### 3 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.



### 4 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. \*\*



### 5 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.



### 6 Finish and serve

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

## Dinner Solved!