



# LEMON-CHIVE SALMON EN PAPILLOTE

with Sugar Snap Peas and Couscous

MAKE  
FIRST

PRONTO



HELLO

EN PAPILLOTE

A French cooking technique of baking food in parcels or packets



Salmon Fillets, skinless



Couscous



Onion, chopped



Chives



Sugar Snap Peas



Lemon



Vegetable Broth Concentrate

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 583

## BUST OUT

- 2 Baking Sheets
- Aluminum Foil
- Measuring Cups
- Measuring Spoons
- Medium Pot
- Small Bowl
- Zester
- Paper Towel
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Salmon Fillets, skinless **0** 227 g | 454 g
- Couscous **1** ½ cup | 1 cup
- Onion, chopped 56 g | 113 g
- Chives 10 g | 20 g
- Sugar Snap Peas 227 g | 454 g
- Lemon 1 | 1
- Vegetable Broth Concentrate 1 | 2

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0** Seafood/Fruit de Mer
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites
- 10** Crustacean/Crustacé
- 11** Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 70°C/158°F.



## START STRONG

Preheat your oven to **325°F** (to bake the fish and roast the snap peas). Start prepping when your oven comes up to temperature! In step 2, the packets will be hot when done. Set them aside for 5 min to cool slightly!



### 1 PREP

**Wash and dry all produce.\*** Zest the **lemon**, then cut the **lemon** into ¼-inch rounds. Finely chop the **chives**. Cut two 12 X 8 rectangles of foil (4 squares for 4ppl). Pat the **salmon** dry with paper towels, then season both sides with **salt** and **pepper**.



### 4 ROAST SNAP PEAS

Meanwhile, on another baking sheet, toss the **sugar snap peas** with **1 tbsp oil**. Season with **salt** and **pepper**. Roast in the centre of the oven until tender, 3-5 min.



### 2 COOK FISH

Arrange foil rectangles on a baking sheet and place a **fillet** on each. Top each fillet with **2 lemon rounds**. Fold each foil in half over **salmon** and crimp edges to seal packets. Bake packets in the middle of the oven until the **salmon** is opaque and cooked through, 11-14 min. (**TIP:** Cook to a min. internal temp of 70°C/158°F.\*\*) (**NOTE:** When the salmon is done, remove from oven and set aside to rest, 5 min.)



### 5 MAKE LEMON-CHIVE SAUCE

Meanwhile, in a small bowl, combine **half the lemon zest**, **1 tbsp chives** (dbl for 4ppl) and **1 tbsp oil** (dbl for 4ppl). Season with **salt** and **pepper**. When the **couscous** is done, fluff with a fork and stir in the **remaining chives** and **remaining lemon zest**. Season with **salt** and **pepper**.



### 3 COOK COUSCOUS

Meanwhile, heat a medium pot over medium heat. When the pot is hot add **1 tbsp oil**, then the **onions**. Cook, stirring occasionally, until softened, 3-4 min. Add the **broth concentrate(s)** and **¾ cups water** (dbl for 4ppl). Bring to a boil over high heat. Once boiling, remove the pot from the heat and stir in the **couscous**. Cover and let stand for 5 min.



### 6 FINISH AND SERVE

Divide the **salmon**, **couscous** and **snap peas** between plates. Drizzle over the **lemon-chive sauce**.

## HERBACEOUS!

Finishing with a lemon-chive sauce gives the salmon a bright and flavourful finish!

