



# Pesto-Baked Salmon

with Herby Couscous and Garlicky Veggies

20-min



Salmon Fillets,  
skinless



Green Beans



Baby Tomatoes



Garlic Puree



Basil Pesto



Israeli Couscous



Parsley

HELLO PARSLEY

*This herb packs a subtle but fresh flavour!*

## Start here

- Before starting, preheat the oven to 450°F.
- Add 10 cups water and 2 tsp salt in a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, strainer, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Basil Pesto	¼ cup	½ cup
Green Beans	170 g	340 g
Israeli Couscous	¾ cup	1½ cup
Baby Tomatoes	113 g	227 g
Parsley	7 g	14 g
Garlic Puree	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.*

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### Cook couscous

Add **couscous** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 6-8 min. Drain and return **couscous** to the same pot, off heat.



### Prep

While **couscous** cooks, trim, then halve **green beans**. Halve **tomatoes**. Roughly chop **parsley**. Pat **salmon** dry with paper towels. Season with **salt** and **pepper**. Place **salmon** on a parchment-lined baking sheet.



### Roast salmon

Top each piece of **salmon** with **1 tbsp pesto**. Roast in the **middle** of the oven until **salmon** is cooked through, 10-12 min.\*\*



### Cook veggies

While **salmon** roasts, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans** and **tomatoes**. Cook, stirring occasionally, until tender-crisp, 6-8 min. Season with **salt** and **pepper**. Add **garlic puree**. Cook, stirring often, until fragrant, 1 min. Remove pan from heat. Set aside.



### Finish couscous

When **couscous** is done, add **couscous**, **half the parsley** and **remaining pesto** to the pan with **veggies**. Season with **salt** and **pepper**, then stir to combine.



### Finish and serve

Divide **veggie couscous** between plates. Top with **pesto salmon**. Sprinkle **remaining parsley** over top.

## Dinner Solved!