




Roasted Pesto Salmon

with Herby Couscous and Garlicky Veggies

Date Night Special 25 Minutes



-  Salmon Fillets, skin-on
250 g | 500 g
-  Basil Pesto
¼ cup | ½ cup
-  Sugar Snap Peas
113 g | 227 g
-  Pearl Couscous
¾ cup | 1 ½ cups
-  Baby Tomatoes
113 g | 227 g
-  Parsley
7 g | 14 g
-  Garlic Puree
1 tbsp | 2 tbsp
-  Yellow Onion
½ | 1
-  Lemon
½ | 1
-  Zesty Garlic Blend
1 tbsp | 2 tbsp

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.

1



Prep

- 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.

- Trim **snap peas**.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch pieces.
- Halve **tomatoes**.
- Roughly chop **parsley**.
- Zest, then cut **half the lemon** (whole lemon for 4 ppl) into wedges.

2



Cook couscous

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

3



Roast salmon

- Meanwhile, pat **salmon** dry with paper towels.
- Sprinkle with **half the Zesty Garlic Spice Blend**, then season with **salt** and **pepper**.
- Place on a parchment-lined baking sheet, skin-side down.
- Spoon **1 tbsp pesto** over **each piece of salmon**. Roast in the **middle** of the oven until cooked through, 7-11 min.**

4



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp oil**, then **onions, snap peas** and **tomatoes**. (NOTE: Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Cook, stirring occasionally, until tender-crisp, 6-8 min. Season with **salt** and **pepper**.
- Add **garlic puree** and **remaining Zesty Garlic Spice Blend**. Cook, stirring often, until fragrant, 1 min.
- Remove from heat. Set aside.

5



Finish couscous

- Add **couscous, lemon zest, half the parsley** and **remaining pesto** to the pan with **veggies**.
- Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Divide **herby couscous and garlicky veggies** between plates.
- Top with **roasted pesto salmon**.
- Sprinkle with **remaining parsley**.
- Squeeze a **lemon wedge** over top, if desired.

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



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