



LEMON-CHIVE SALMON EN PAPILLOTE

with Sugar Snap Peas and Couscous

MAKE FIRST

FAMILY



HELLO

EN PAPILLOTE

A French cooking technique of baking food in parcels or packets



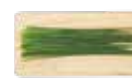
Salmon Fillets, skinless



Couscous



Onion, chopped



Chives



Sugar Snap Peas, trimmed



Lemon



Vegetable Broth Concentrate

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 437

BUST OUT

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

INGREDIENTS

4-person

- Salmon Fillets, skinless **0** 454 g
- Couscous **1** 1 cup
- Onion, chopped 113 g
- Chives 20 g
- Sugar Snap Peas, trimmed 454 g
- Lemon 2
- Vegetable Broth Concentrate 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 **lemons**, then cut the lemons into ¼-inch rounds. Finely chop the **chives**. Cut **four** 12" X 8" rectangles of foil. 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 a drizzle of **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 centre of the oven until salmon is cooked through, 11-14 min. (**TIP:** Cook to a min. internal temp of 70°C/158°F.**) (**NOTE:** When packets are 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**, **2 tbsp chives** and **2 tbsp oil**. 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. Add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until softened, 3-4 min. Add the **broth concentrates** and **1 ½ cups water**. 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!