

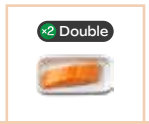


Cal Smart Caper-Dill Dressed Salmon

with Couscous, Tomatoes and Spinach



Smart Meal 25 Minutes



Salmon Fillets, skin-on
500 g | 1000 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Salmon Fillets, skin-on
250 g | 500 g
- Couscous
½ cup | 1 cup
- Baby Tomatoes
113 g | 227 g
- Garlic, cloves
1 | 2
- Capers
30 g | 60 g
- Lemon
1 | 2
- Dill
7 g | 14 g
- Baby Spinach
56 g | 113 g
- Dijon Mustard
½ tbsp | 1 tbsp
- Mayonnaise
2 tbsp | 4 tbsp

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADerno Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

Ingredient quantities	56 g	113 g
	2 person	4 person

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.

Pantry items | Salt, pepper, oil

Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, small bowl, strainer, zester

1



Cook couscous

- Before starting, wash and dry all produce.
- **Garlic Guide for Steps 4 and 5:**
 - Mild: ¼ tsp (½ tsp)
 - Medium: ½ tsp (1 tsp)
 - Extra: 1 tsp (2 tsp)
- **Dill Guide for Steps 4 and 5:**
 - Mild: 1 tsp (2 tsp)
 - Dilly: 2 tsp (4 tsp)
 - Extra Dilly: 1 tbsp (2 tbsp)

- Add ¾ cup (1 ½ cups) **water** and ⅛ tsp (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.
- When **couscous** is tender, fluff with a fork.

4



Make caper-dill sauce

- Meanwhile, add **Dijon, mayo, chopped capers, half the lemon juice, 1 tsp (2 tsp) dill** and **half the garlic** to a small bowl. (**NOTE:** Reference garlic and dill guides.)
- Season with **salt** and **pepper**, then stir to combine.

2



Prep

- Meanwhile, halve **tomatoes**.
- Peel, then mince or grate **garlic**.
- Drain **capers**, reserving **brine**, then pat dry with paper towels. Roughly chop **one-quarter of the capers**.
- Zest **lemon**. Juice **half the lemon**, then cut **remaining lemon** into wedges.
- Roughly chop **dill**.
- Roughly chop **spinach**.

5



Finish couscous

- Add **couscous, tomatoes, spinach, lemon zest, remaining capers, remaining lemon juice, reserved caper brine, 1 tbsp (2 tbsp) oil, remaining garlic** and **1 tsp (2 tsp) dill** to a large bowl. (**NOTE:** Reference garlic and dill guides.)
- Season with **salt** and **pepper**, then stir to combine.

3



Cook salmon

*2 Double | Salmon Fillets, skin-on

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- When the pan is hot, add **1 tsp (2 tsp) oil**, then **salmon**, skin-side down.
- Pan-fry until **skin** is crispy, 4-5 min. Flip and cook until golden-brown and cooked through, 2-3 min.**

6



Finish and serve

- Divide **couscous** between plates.
- Arrange **salmon** over top, then drizzle with **caper-dill sauce**.
- Sprinkle **any remaining dill** over top, if desired.
- Serve **lemon wedges** alongside.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Cook salmon

*2 Double | Salmon Fillets, skin-on

If you've opted for **double salmon**, cook it in the same way the recipe instructs you to cook the **regular portion of salmon**.

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