















Dukkah-Crusted Salmon

with Veggie Medley and Cranberry Couscous

Fast and Fresh

20 Minutes



-  Salmon Fillets, skin-on
250 g | 500 g
-  Sweet Bell Pepper
1 | 2
-  Baby Tomatoes
113 g | 227 g
-  Dukkah Spice
1 tbsp | 2 tbsp
-  Dill
7 g | 7 g
-  Onion, sliced
56 g | 113 g
-  Lemon
1 | 1
-  Couscous
½ cup | 1 cup
-  Garlic Puree
1 tbsp | 1 tbsp
-  Dried Cranberries
28 g | 56 g
-  Vegetable Broth Concentrate
1 | 2
-  Yogurt Sauce
6 tbsp | 12 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.

Pantry items | Unsalted butter, oil, salt, sugar, pepper

Cooking utensils | Baking sheet, large bowl, measuring cups, measuring spoons, paper towels, parchment paper, small bowl, zester

Measurements
within steps

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

1



Start prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Halve **tomatoes**.
- Core, then cut **pepper** into ½-inch pieces.
- Pat **salmon** dry with paper towels. Season all over with **salt** and **Dukkah Spice**.

2



Roast salmon and veggies

- Arrange **salmon** on one side of a parchment-lined baking sheet, skin-sides down. Drizzle ½ **tbsp oil** over **each fillet**.
- Add **peppers, onions, tomatoes** and **1 tbsp (2 tbsp) oil** to the other side of the baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until **veggies** are tender and **salmon** is cooked through, 15-16 min.**

3



Finish prep

- Meanwhile, finely chop **dill**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.

4



Cook couscous

- Bring a **kettle of water** to a boil.
- Stir together **couscous**, **1 tsp (2 tsp) garlic puree**, **¼ tsp (½ tsp) salt** and **cranberries** in a large bowl.
- Stir in **¾ cup (1 ½ cups) boiling water**, then **broth concentrate** and **1 tbsp (2 tbsp) butter**.
- Cover and let stand until **couscous** is tender and liquid is absorbed, 5-6 min.

5



Make lemon-dill yogurt

- Meanwhile, stir together **yogurt sauce**, **half the dill**, **1 tbsp (2 tbsp) lemon juice**, **¼ tsp (½ tsp) garlic puree**, **1 tsp (2 tsp) lemon zest** and **¼ tsp (½ tsp) sugar** in a small bowl.

6



Finish and serve

- Fluff **couscous** with a fork. Add **remaining dill** and **1 tbsp (2 tbsp) oil**. Season with **salt** and **pepper**, then stir to combine.
- Divide **couscous** between plates. Top with **salmon** and **veggies**.
- Dollop with **lemon-dill yogurt**.
- Squeeze a **lemon wedge** over top, if desired.

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