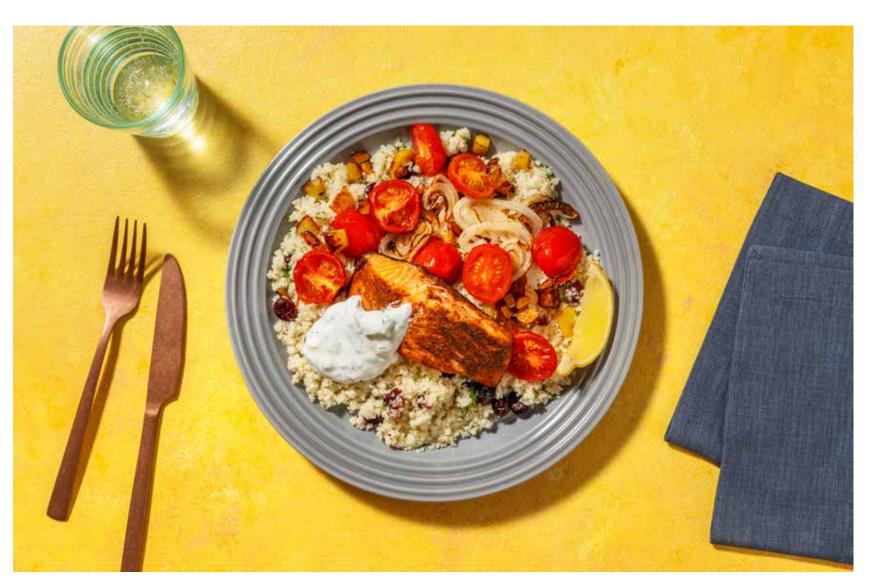


HELLO Dukkah-Crusted Salmon FRESH With Veggio Medley and Craphonny Course

with Veggie Medley and Cranberry Couscous

Fast and Fresh

20 Minutes





Salmon Fillets, skin-on 250 g | 500 g



Pepper



Baby Tomatoes



113 g | 227 g





7g | 7g



56 g | 113 g





Couscous ½ cup | 1 cup



Garlic Puree 1tbsp | 1tbsp



Dried Cranberries 28 g | 56 g



Vegetable Broth Concentrate 1 | 2



Yogurt Sauce

6 tbsp | 12 tbsp

Allengens 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.



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.



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.**



Finish prep

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



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 % cup (1 % 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.



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.



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.

Measurements within steps 2 person 4 person Ingredier