

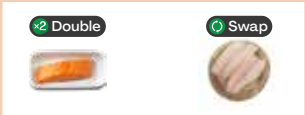


Cal Smart Caper-Dill Dressed Salmon

with Couscous, Tomatoes and Spinach

Smart Meal

25 Minutes



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
500 g | 1000 g

Tilapia
300 g | 600 g

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

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 ½ **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

Swap | Tilapia

- 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**, prepare and cook it in the same way the recipe instructs you to cook the **regular portion of salmon**.

3 | Cook tilapia

Swap | Tilapia

If you've opted to get **tilapia**, season it in the same way the recipe instructs you to season the **salmon**. Cook **tilapia** until golden-brown and cooked through, 2-3min per side.**

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