



Cal Smart Harissa-Spiced Salmon with Jewelled Couscous

Smart Meal

Spicy

30 Minutes

Customized Protein

+ Add

Swap

or

x2 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)

Swap



Shrimp
285 g | 570 g

Swap



Salmon Fillets,
skin-on
500 g | 1000 g



Salmon Fillets,
skin-on
250 g | 500 g



Couscous
½ cup | 1 cup



Mixed Olives
30 g | 60 g



Dried Cranberries
28 g | 56 g



Harissa Spice
Blend
1 tbsp | 2 tbsp



Garlic Puree
1 tbsp | 2 tbsp



Parsley
7 g | 14 g



Vegetable Broth
Concentrate
1 | 2



Baby Spinach
56 g | 113 g



Shallot
1 | 2



Lemon
1 | 1



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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Salt, oil, pepper

Cooking utensils | Baking sheet, large bowl, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, 2 small bowls, strainer, zester

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then finely chop **shallot**.
- Over a small bowl, drain **olives**, reserving **olive brine**.
- Cut or tear **olives** in half.
- Zest, then juice **half the lemon** (use whole lemon for 4 servings). Cut **any remaining lemon** into wedges.
- Roughly chop **parsley**.

2



Make dressing

- To a large bowl, add **olives, dried cranberries, parsley** and **lemon juice**. Season with **salt** and **pepper**, then stir to combine.

3



Roast salmon

Swap | **Shrimp**

Swap | **Salmon Fillets, skin-on**

- Line a baking sheet with parchment.
- To another small bowl, add **garlic puree, Harissa Spice Blend** and $\frac{1}{2}$ **tbsp** (1 **tbps**) **oil**. Season with **pepper**, then stir to combine.
- Pat **salmon** dry with paper towels. Season with **salt** and **pepper**.
- Arrange **salmon** on prepared sheet, skin-side down. Spread **harissa mixture** over **salmon** tops and sides.
- Roast in the **middle** of the oven for 7-10 min, until cooked through.**

4



Make couscous

- Meanwhile, heat a medium pot over medium.
- When hot, add $\frac{1}{2}$ **tbps** (1 **tbps**) **oil**, then **shallots**. Cook for 2-3 min, stirring occasionally, until softened.
- Add $\frac{1}{2}$ **cup** (1 **cup**) **water, broth concentrate** and **reserved olive brine**. Bring to a boil over high heat.
- Once boiling, stir in **couscous**, then remove the pot from heat. Cover and let stand for 5 min.

5



Finish couscous

- Fluff **couscous** with a fork.
- To the bowl with the **dressing**, add **couscous, lemon zest** and **spinach**, then toss to combine.

6



Finish and serve

Swap | **Shrimp**

- Divide **jewelled couscous** between plates.
- Top with **salmon**.
- Squeeze a **lemon wedge** over top, if you like.

Measurements within steps | **1 tbsp** (2 **tbps**) **oil**
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Roast shrimp

Swap | **Shrimp**

If you've opted for **shrimp**, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. To a medium bowl, add **shrimp** and **harissa mixture**. Season with **salt** and **pepper**, then toss to coat. Add **shrimp** to prepared sheet. Bake in the **middle** of the oven for 8-12 min, until **shrimp** is cooked through.**

3 | Roast salmon

Swap | **Salmon Fillets, skin-on**

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

6 | Finish and serve

Swap | **Shrimp**

Top plates with **shrimp**.

** Cook salmon to a minimum internal temperature of 158°F, as size may vary, and cook shrimp to a minimum internal temperature of 165°F, as size may vary.