

HELLO Cal Smart Harissa-Spiced Salmon

with Jewelled Couscous

Smart Meal

Spicy

30 Minutes

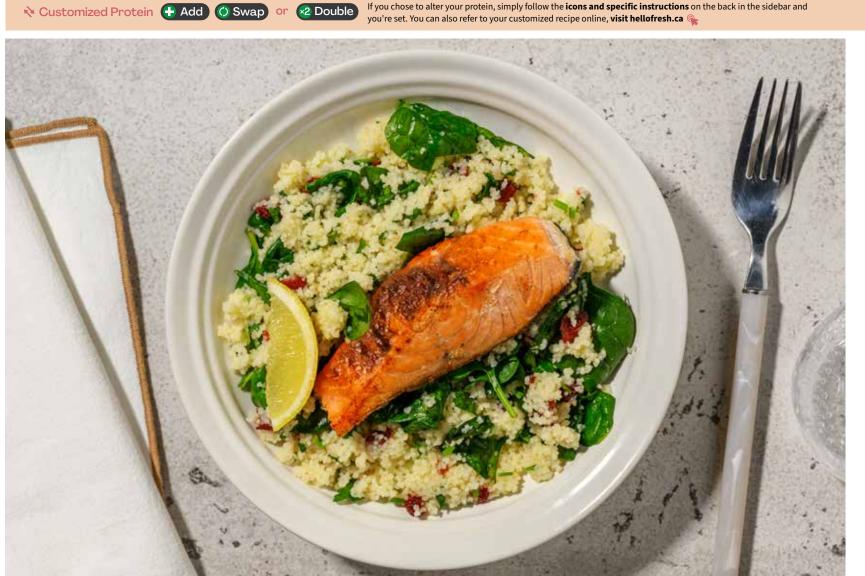




285 g | 570 g

Salmon Fillets







Salmon Fillets, skin-on



250 g | 500 g

1/2 cup | 1 cup



Mixed Olives



30 g | 60 g

Dried Cranberries 28 g | 56 g



Blend



1 tbsp | 2 tbsp

1 tbsp | 2 tbsp





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.



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



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.



Make dressing

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



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 ½ tbsp (1 tbsp) 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.**



Make couscous

- Meanwhile, heat a medium pot over medium.
- When hot, add ½ tbsp (1 tbsp) oil, then shallots. Cook for 2-3 min, stirring occasionally, until softened.
- Add ½ 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.



Finish couscous

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



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 tbsp)

p) **oil**

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

O Swap | Shrimp

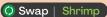
If you've opted for **shrimp**, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. To a medium bowl, add **shrimp** and **harissa mixture**. Season with **salt** and **pepper**, then toss to coat. Add **shrimp** to prepared sheet. Bake in the **middle** of the oven for 8-12 min,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



Top plates with **shrimp**.