



# Cal Smart Caper-Dill Dressed Salmon

with Couscous, Tomatoes and Spinach

Smart Meal

25 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



Tilapia

300 g | 600 g



Salmon Fillets, skin-on

250 g | 500 g



Couscous

1/2 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

1/2 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.*

Ingredient quantities 56 g | 113 g  
2 person 4 person

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

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### Cook couscous

- Before starting, wash and dry all produce.

- To a medium pot, add  $\frac{3}{4}$  cup (1  $\frac{1}{3}$  cups) **water** and  $\frac{1}{8}$  tsp ( $\frac{1}{4}$  tsp) **salt**. 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.

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**.

3



### Cook salmon

Swap | Shrimp

Swap | Tilapia

- Heat a large non-stick pan over medium-high.
- 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 for 4-5 min, until skin is crispy. Flip and cook for 2-3 min, until golden and cooked through.\*\*

4



### Make caper-dill sauce

- Meanwhile, to a small bowl, add **Dijon**, **mayo**, **chopped capers**, **half the lemon juice**, **1 tsp** (2 tsp) **dill** and **half the garlic**. (**NOTE:** Like things dilly and garlicky? Add more dill and garlic!)
- Season with **salt** and **pepper**, then stir to combine.

5



### Finish couscous

- To a large bowl, 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**. (**NOTE:** Like things dilly and garlicky? Add more dill and garlic!)
- Season with **salt** and **pepper**, then stir to combine.

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-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 | Cook shrimp

Swap | Shrimp

If you've opted for **shrimp**, heat a large non-stick pan over medium-high heat. While the pan heats, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. Season with **salt** and **pepper**. When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **shrimp**. Cook for 2-3 min, stirring occasionally, until **shrimp** just turn pink.\*\*

### 3 | Cook tilapia

Swap | Tilapia

If you've opted to get **tilapia**, season in the same way the recipe instructs you to season **salmon**. Cook for 3-4 min per side, until golden and cooked through.\*\*

\*\* Cook 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.