

# HELLO Cal Smart Caper-Dill Dressed Salmon with Courselus Tomatous and Spinach

with Couscous, Tomatoes and Spinach

Smart Meal

25 Minutes











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 🎥

285 g | 570 g

300 g | 600 g







Salmon Fillets, skin-on 250 g | 500 g

1/2 cup | 1 cup





**Baby Tomatoes** 113 g | 227 g

Garlic, cloves 1 | 2





30 g | 60 g







7 g | 14 g

**Baby Spinach** 56 g | 113 g

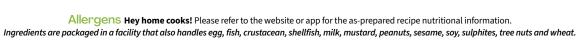


Dijon Mustard 1/2 tbsp | 1 tbsp

Ingredient quantities



Mayonnaise 2 tbsp | 4 tbsp



Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, small bowl, strainer, zester



#### Cook couscous

- · Before starting, wash and dry all produce.
- To a medium pot, add **% cup** (1 ½ cups) water and **% tsp** (¼ 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.



#### Prep

- Meanwhile, halve tomatoes.
- Peel, then mince or grate garlic.
- Drain capers, reserving brine, then pat dry with paper towels. Roughly chop onequarter of the capers.
- Zest lemon. Juice half the lemon, then cut remaining lemon into wedges.
- Roughly chop dill.
- Roughly chop spinach.



# Cook salmon

O 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.\*\*



#### 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.



#### 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.



### 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)

ol 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 | Cook shrimp

#### Swap | Shrimp

If you've opted for **shrimp**, heat a large nonstick 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 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.\*\*