



Cal Smart Caper-Dill Dressed Salmon

with Couscous, Tomatoes and Spinach

Smart Meal

25 Minutes



Salmon Fillets, skin-on
500 g | 1000 g

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
250 g | 500 g



Couscous
½ cup | 1 cup



Baby Tomatoes
113 g | 227 g



Baby Spinach
56 g | 113 g



Capers
30 g | 60 g



Garlic, cloves
1 | 2



Dill
7 g | 14 g



Lemon
1 | 2



Dijon Mustard
1 ½ tsp | 3 tsp



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 | Oil, salt, pepper

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

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 ⅓ 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**.

3



Cook salmon

×2 Double | **Salmon Fillets**

- 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 **salmon** is golden-brown and cooked through, 2-3 min.**

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.

6



Finish and serve

- Divide **couscous** between plates.
- Place **salmon** on top, then spoon **caper-dill sauce** over **salmon**.
- 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**

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

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



Issue with your meal? Scan the QR code to share your feedback.