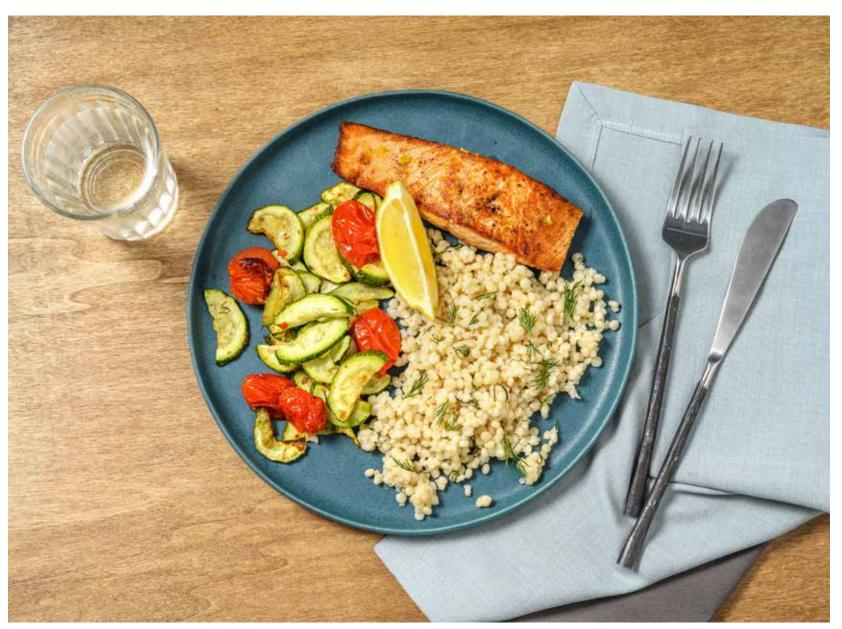


# Cal Smart Lemon Butter Basted Salmon

with Couscous and Zucchini

Calorie Smart

30 Minutes









Israeli Couscous









**Baby Tomatoes** 





# Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

#### **Bust out**

Baking sheet, measuring spoons, strainer, zester, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

# Ingredients

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	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Lemon	1	1
Israeli Couscous	¾ cup	1½ cups
Zucchini	200 g	400 g
Dill	7 g	7 g
Baby Tomatoes	113 g	227 g
Garlic	6 g	12 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook to a minimum internal temperature of  $70^{\circ}\text{C}/158^{\circ}\text{F}$ , as size may vary.

## **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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.



## Prep

Add 6 cups water and 1 tsp salt to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat. While water comes to a boil, cut zucchini in half lengthwise, then into ½-inch half-moons. Roughly chop half the dill (all for 4 ppl). Zest, then juice half the lemon ( whole lemon for 4 ppl). Cut any remaining lemon into wedges. Peel, then mince or grate garlic.



# Roast veggies

Add zucchini, tomatoes, half the garlic and 1 tsp oil (dbl for 4 ppl) to a parchment-lined baking sheet. Season with salt and pepper, then toss to combine. Roast in the middle of the oven until veggies are tender-crisp, 8-12 min



#### Cook couscous

While **veggies** roast, add **couscous** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 6-8 min. Reserve **2 tbsp pasta water** (dbl for 4 ppl), then drain and return **couscous** to the same pot, off heat.



#### Cook salmon

While **couscous** cooks, pat **salmon** dry with paper towels. Sprinkle **lemon zest** over top, then season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add ½ **tbsp butter** (dbl for 4 ppl), then **salmon**. Pan-fry until golden-brown and cooked through, 3-4 min per side.\*\*



## Finish couscous

Add reserved pasta water, remaining garlic, dill, 1 tbsp lemon juice and ½ tbsp butter (dbl both for 4 ppl) to couscous. Season with salt and pepper, then stir to combine.



## Finish and serve

Divide **couscous**, **salmon** and **roasted veggies** between plates. Squeeze over a **lemon wedge**, if desired.

# **Dinner Solved!**

## Contact

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