



Cal Smart Lemon Butter Basted Salmon with Couscous and Zucchini

Calorie Smart

30 Minutes



Salmon Fillets,
skinless



Lemon



Israeli Couscous



Zucchini



Dill



Baby Tomatoes



Garlic

HELLO ISRAELI COUSCOUS

Don't be fooled by their shape, these tiny pearls are actually pasta!

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

	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°C/158°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.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



1 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**.



4 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.**



2 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.



5 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.



3 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.



6 Finish and serve

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

Dinner Solved!