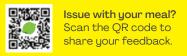
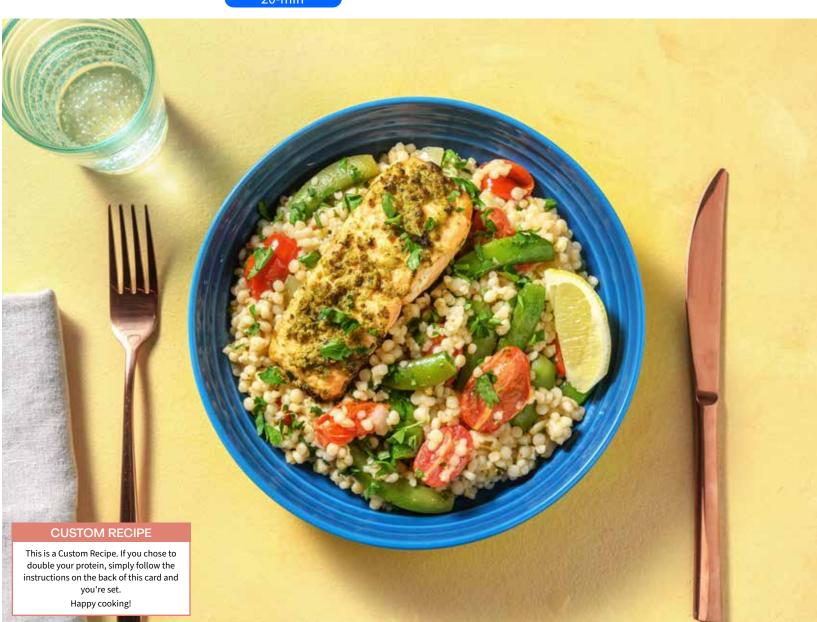


# Pesto Baked Salmon

with Herby Couscous and Garlicky Veggies

20-min







Salmon Fillets, skin-on









Sugar Snap Peas

**Baby Tomatoes** 









Onion, chopped



Lemon

## Start here

- Before starting, preheat the oven to 450°F.
- Add 10 cups water and 2 tsp salt in a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

#### **Bust out**

Baking sheet, measuring spoons, strainer, zester, parchment paper, measuring cups, large pot, large nonstick pan, paper towels

## Ingredients

| 2 Person | 4 Person                                      |
|----------|---|
| 250 g    | 500 g   |
| 500 g    | 1000 g  |
| ⅓ cup    | ½ cup   |
| 113 g    | 227 g   |
| ¾ cup    | 1 ½ cups                                      |
| 113 g    | 227 g   |
| 7 g      | 14 g  |
| 1 tbsp   | 2 tbsp  |
| 56 g     | 113 g   |
| 1/2      | 1   |
|          |   |
|          |   |
|          | 500 g % cup 113 g % cup 113 g 7 g 1 tbsp 56 g |

- \* 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.





#### Prep

- Trim snap peas.
- Halve tomatoes.
- Roughly chop parsley.
- Zest, then cut **half the lemon** into wedges (whole lemon for 4 ppl).



#### Cook couscous

- Add couscous to the boiling water.
- Cook uncovered, stirring occasionally, until tender, 6-8 min.
- Drain and return **couscous** to the same pot, off heat.



### Bake salmon

- Meanwhile, pat salmon dry with paper towels. Season with salt and pepper.
- Place on a parchment-lined baking sheet, skin-side down.
- Spoon 1 tbsp pesto over each piece of salmon.
- Bake in the **middle** of the oven, until cooked through, 4-6 min.\*\*

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



#### Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **onions**, **snap peas** and **tomatoes**. (**NOTE**: Don't overcrowd the pan; cook veggies in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Cook, stirring occasionally, until tendercrisp, 6-8 min. Season with **salt** and **pepper**.
- Add garlic puree. Cook, stirring often, until fragrant, 1 min.
- · Remove from heat. Set aside.



#### Finish couscous

- Add couscous, lemon zest,
   half the parsley and remaining pesto to the pan with veggies.
- Season with **salt** and **pepper**, to taste, then stir to combine.



### Finish and serve

- Divide **herby couscous** between plates.
- Top with pesto baked salmon.
- Sprinkle with **remaining parsley**.
- Squeeze a **lemon wedge** over top, if desired.

## **Dinner Solved!**