



# Roasted Pesto Salmon

## with Herby Couscous and Garlicky Veggies

Salmon Special 25 Minutes

↗ Custom Recipe + Add ↻ Swap or \*2 Double

If you chose to double 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)

\*2 Double



Salmon Fillets, skin-on  
500 g | 1000 g



Salmon Fillets, skin-on  
250 g | 500 g



Basil Pesto  
1/4 cup | 1/2 cup



Sugar Snap Peas  
113 g | 227 g



Pearl Couscous  
3/4 cup | 1 1/2 cups



Baby Tomatoes  
113 g | 227 g



Parsley  
7 g | 14 g



Garlic Puree  
1 tbsp | 2 tbsp



Yellow Onion  
1/2 | 1



Lemon  
1/2 | 1



Zesty Garlic Blend  
1 tbsp | 2 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 | Baking sheet, measuring spoons, strainer, zester, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

1



## Prep

- 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.

- Trim **snap peas**.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch pieces.
- Halve **tomatoes**.
- Roughly chop **parsley**.
- Zest, then cut **half the lemon** into wedges (whole lemon for 4 ppl).

4



## 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 tender-crisp, 6-8 min. Season with **salt** and **pepper**.
- Add **garlic puree** and **remaining Zesty Garlic Spice Blend**. Cook, stirring often, until fragrant, 1 min.
- Remove from heat. Set aside.

2



## 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.

5



## Finish couscous

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

3



## Roast salmon

- \*2 Double | **Salmon Fillets, skin-on**
- Meanwhile, pat **salmon** dry with paper towels. Sprinkle over **half the Zesty Garlic Spice Blend**, then season with **salt** and **pepper**.
- Place on a parchment-lined baking sheet, skin-side down.
- Spoon **1 tbsp pesto** over **each piece of salmon**.
- Roast in the **middle** of the oven, until cooked through, 7-11 min.\*\*

6



## Finish and serve

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

Measurements within steps

<b>1 tbsp</b>	<b>(2 tbsp)</b>	<b>oil</b>
2 person	4 person	Ingredient

## 3 | Roast salmon

\*2 Double | **Salmon Fillets, skin-on**

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.