Salmon Limone

over Herbed Couscous with Green Beans & Tomatoes

New & Improved 20-25 Minutes · Calories: 730 · Protein: 39 g

Ingredients

- Italian Seasoning
- Grape Tomatoes
- Israeli Couscous
- Scallions
- Crema
- Chicken Stock Concentrate
- Green Beans
- Salmon
- Lemon

Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.

Hello

Limone

Italian for “lemon,” the versatile limone adds brightness to savory salmon and couscous.

Before you start

Go Fish

When you add the fillets to the pan in Step 4, let them do their thing (no moving around!). The salmon skin will naturally release when it’s ready.

Cooking tools

medium pot, large pan, paper towels, zester, small bowl

Pantry ingredients

kosher salt, black pepper, cooking oil, butter

Nutrition

Nutrients	per serving
Calories:	730
Total Fat:	39g
Saturated Fat:	10g
Sodium:	290mg
Total Carbohydrate:	56g
Dietary Fiber:	6g
Added Sugars:	1g
Protein:	39g

Allergens

israeli couscous (contains: wheat), crema (contains: milk), salmon (contains: fish), butter (contains: milk)

Cook for YOUR Crowd

Our recipes are customizable!

Double Protein/Veggies? Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

Making 3 Servings? Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

Making 6 Servings? Just triple the 2-serving recipe—easy!

For HelloCustom nutritional information, please refer to HelloFresh.com.

1 Start Prep

- **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Trim **green beans** if necessary.

2 Cook Couscous

- Melt **1 TBSP butter (2 TBSP for 4 servings)** in a medium pot over medium-high heat. Add **couscous**, **scallion whites**, and **½ tsp Italian Seasoning (1 tsp for 4)**; cook, stirring occasionally, until lightly toasted, 2-3 minutes.
- Add **1 cup water (2 cups for 4)**, **stock concentrate**, and a **pinch of salt**. Bring to a boil, then cover and reduce to heat to low. Cook until couscous is al dente, 6-8 minutes.
- Drain any excess liquid if necessary. Keep covered off heat until ready to serve.

3 Cook Green Beans

- While couscous cooks, heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **green beans** and a **pinch of salt**; cook, stirring constantly, until evenly coated in oil, 30 seconds.
- Carefully add **¼ cup water (½ cup for 4 servings)** and cover with a lid. Cook, shaking the pan occasionally, until green beans begin to soften and turn bright green, 1-3 minutes.
- Once liquid has absorbed, turn off heat. Taste and season with additional **salt** or **pepper** if desired; stir to combine.

4 Cook Fish

- Pat **salmon*** dry with paper towels. Season all over with **remaining Italian Seasoning**, **salt**, and **pepper**.
- Heat a **large drizzle of oil** in pan used for green beans over medium-high heat. Add salmon, skin sides down, and cook until skin is crispy, 5-7 minutes.
- Flip and cook until fish is opaque and cooked through, 1-2 minutes more. Remove from pan and set aside.

5 Finish Prep & Make Crema

- While salmon cooks, zest and quarter **lemon**. Quarter **tomatoes**.
- In a small bowl, combine **crema**, **¼ tsp lemon zest (½ tsp for 4 servings)**, **salt**, and **pepper**.

6 Finish & Serve

- Fluff **couscous** with a fork; stir in **scallion greens**, **green beans**, **tomatoes**, **remaining lemon zest**, and a **squeeze of lemon juice**. Season with **salt** and **pepper**.
- Divide couscous between bowls or plates; top with **salmon**. Drizzle everything with **zesty crema**. Serve with **remaining lemon wedges** on the side.

*Fish is fully cooked when internal temperature reaches 145°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to hellofresh.com/about/faq for safe cooking guidelines.

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