



Herby Salmon with Red Pepper Cream Sauce

with Garlicky Couscous & Roasted Zucchini

New & Improved 35-45 Minutes · Calories: 780 · Protein: 39 g



Ingredients



Garlic



Zucchini



Onion



Salmon



Tuscan Heat Spice



Cream Cheese



Sour Cream



Red Pepper Jam



Israeli Couscous



Chicken Stock Concentrate

Customizable Meal

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



Hello

Tuscan Heat Spice

Aromatic Italian herbs and dried chili pack a peppery punch.

Before you start Fil-Let It Be

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

Cooking tools

small pot, baking sheet, paper towels, large pan

Pantry ingredients

kosher salt, black pepper, cooking oil, olive oil, butter

Nutrition

Nutrients	per serving
Calories:	780
Total Fat:	44g
Saturated Fat:	13g
Sodium:	530mg
Total Carbohydrate:	57g
Dietary Fiber:	3g
Added Sugars:	5g
Protein:	39g

Allergens

salmon (contains: fish), cream cheese (contains: milk), sour cream (contains: milk), israeli couscous (contains: wheat), 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 Prep

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince or grate **garlic**. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Halve and peel **onion**; slice half into ¼-inch-thick wedges. Finely chop remaining onion until you have 2 TBSP (**4 TBSP for 4 servings**).



2 Make Couscous

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **garlic** and cook, stirring, until softened and fragrant, 30-40 seconds.
- Stir in **couscous, 1 cup water (2 cups for 4 servings), and ¼ tsp salt (½ tsp for 4)**; bring to a boil, then reduce to a low simmer and cover. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



3 Roast Veggies

- While couscous cooks, toss **zucchini** and **onion wedges** on a baking sheet with a **drizzle of olive oil, salt, and pepper**.
- Roast on top rack until golden brown and tender, 14-16 minutes.



4 Cook Salmon

- Meanwhile, pat **salmon*** dry with paper towels and season all over with **¼ tsp Tuscan Heat Spice (½ tsp for 4 servings), salt, and pepper. (You'll use more Tuscan Heat Spice in the next step.)**
- Heat a **drizzle of oil** in a large pan over medium heat. Add salmon to pan, skin sides down; cook until skin is crisp and fish is almost cooked through, 6-8 minutes.
- Flip and cook until fish is opaque and cooked through, 2-3 minutes more. Turn off heat; transfer to a plate. Wipe out pan.

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



5 Make Sauce

- Melt **1 TBSP butter (2 TBSP for 4 servings)** in same pan over medium-high heat. Add **chopped onion** and cook, stirring occasionally, until softened, 3-5 minutes. Add **½ cup water, cream cheese, stock concentrate, half the jam, and ¼ tsp Tuscan Heat Spice. (For 4, use 1 cup water, all the jam, and ½ tsp Tuscan Heat Spice.)** Cook, stirring occasionally, until sauce is thickened, 2-3 minutes.
- Remove from heat and stir in **sour cream** until smooth. Season with **salt and pepper** to taste.



6 Serve

- Divide **couscous, roasted veggies, and salmon** between plates. Drizzle salmon with **spicy red pepper cream sauce** and serve.



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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