



SEP
2016

Honey Mustard Salmon

with Roasted Asparagus and Israeli Couscous Pilaf

There are 3 reasons why this dish makes us (o)mega happy: 1) tender salmon is chock-full of healthy fats, 2) honey and mustard are a sweet and tangy match made in heaven, and 3) cooking couscous in veggie stock enhances the flavor without increasing the calories. Talk about a trifecta!



Prep: 10 min
Total: 30 min



level 1



nut
free



make
me first



dairy
free



Salmon



Israeli
Couscous



Asparagus



Honey



Whole Grain
Mustard



Shallot



Parsley



Veggie Stock
Concentrate

Ingredients

	2 People	4 People	
Salmon	1)	12 oz	24 oz
Israeli Couscous	2)	½ Cup	1 Cup
Asparagus		6 oz	12 oz
Honey		1 T	2 T
Whole Grain Mustard		2 T	4 T
Shallot		1	1
Parsley		¼ oz	¼ oz
Veggie Stock Concentrate		1	2
Oil*		1 T	2 T

*Not Included

Allergens

- 1) Fish
- 2) Wheat

Tools

Small pot, Small bowl, Paper towel, Baking sheet

Nutrition per person Calories: 670 cal | Fat: 30 g | Sat. Fat: 4 g | Protein: 48 g | Carbs: 56 g | Sugar: 12 g | Sodium: 494 mg | Fiber: 5 g

1



1 Prep: Wash and dry all produce. Preheat the oven to 425 degrees. Halve, peel, and mince the **shallot**. Finely chop the **parsley**, making sure to keep the **leaves** and **stems** separate. Trim the bottom inch of the **asparagus** and discard. Cut the remaining asparagus in half widthwise. Then thinly slice the bottom halves.

2



2 Make the couscous pilaf: Heat a drizzle of **oil** in a small pot over medium heat. Add the **shallot**. Cook, tossing, for 1-2 minutes, until softened. Add the dry **couscous** and toss another for 1-2 minutes, until lightly toasted. Add the **1¼ cups water** and **stock concentrate** to the pot. Bring to a boil, cover, and reduce to a simmer for 10-15 minutes, until the liquid is absorbed and couscous is al dente. Add the thinly sliced **asparagus bottoms** to the pot for the last 3-5 minutes of cooking for extra flavor.

4



3 Make the honey mustard glaze: In a small bowl, stir together the **honey** and **mustard**. Season with **salt** and **pepper**.

4 Roast the salmon: Pat the **salmon** dry with a paper towel. Season on all sides with **salt** and **pepper**. Place on a lightly oiled baking sheet. Spread each **salmon fillet** with most of the glaze, reserving 1 Tablespoon for later. Toss the **asparagus tops** on the same baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast for 10-12 minutes, until the salmon is just cooked through and the asparagus is tender.

5



5 Finish the dish: Stir the **parsley stems** into the **couscous** and fluff with a fork. Season with **salt** and **pepper**. Remove the baking sheet from the oven and drizzle the **salmon** with the reserved **glaze**.

6 Plate: Serve the **honey mustard salmon** on a bed of **couscous pilaf** alongside the **roasted asparagus**. Sprinkle with the **parsley leaves** and enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

