



MEDITERRANEAN SALMON

with Creamy Dill Sauce, Green Beans, and Za'atar Couscous



HELLO ZA'ATAR
The herby Middle Eastern seasoning adds major aromatics.

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 670



Dill



Couscous
(Contains: Wheat)



Sour Cream
(Contains: Milk)



Za'atar



Lemon



Salmon
(Contains: Fish)



Green Beans

START STRONG

Press down gently with a spatula as the salmon cooks in the pan. This will ensure it gets the surface contact it needs for skin that's satisfyingly crisp.



BUST OUT

- Small pot
- Medium bowl
- Zester
- Large pan
- Small bowl
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Vegetable oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|---------------|-----------------|
| • Dill | ¼ oz ½ oz |
| • Lemon | 1 1 |
| • Salmon | 10 oz 20 oz |
| • Couscous | ½ Cup 1 Cup |
| • Sour Cream | 4 TBSP 8 TBSP |
| • Green Beans | 6 oz 12 oz |
| • Za'atar | 1 tsp 2 tsp |

HELLO WINE

PAIR WITH



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1 PREP

Wash and dry all produce. Bring **1 cup water** and **1 TBSP butter** to a boil in a small pot. Pick fronds from **dill**. Finely chop a few fronds until you have 1 TBSP chopped dill; save remainder for garnish. Zest **lemon** until you have 1 tsp zest, then cut into wedges. Season **salmon** with **salt** and **pepper**.



4 WARM GREEN BEANS

Pierce **green bean bag** with a fork and place on a microwave-safe plate. Microwave on high for 3-4 minutes (or until green beans are tender). Carefully remove green beans from bag and transfer to a medium bowl along with **1 TBSP butter**. Toss to melt butter. Season with **salt** and **pepper**.

2 COOK COUSCOUS AND SALMON

Once water is boiling, add **couscous** and a large pinch of **salt** to pot. Cover and set aside off heat. Heat a large drizzle of **oil** in a large, preferably nonstick pan over medium-high heat. Add **salmon** to pan skin-side down. Cook until skin is crisp, 5-6 minutes. Flip and cook on other side to desired doneness, 2-4 minutes more.



5 SEASON COUSCOUS

Fluff **couscous** with a fork, then season with **salt** and **pepper**. Stir in remaining **lemon zest** and half the **za'atar**.

3 MAKE SAUCE

While salmon cooks, combine **sour cream**, **chopped dill**, half the **lemon zest**, and a squeeze or two of **lemon juice** in a small bowl. Season with **salt** and **pepper**.



6 PLATE AND SERVE

Divide **couscous** and **green beans** between plates, then arrange **salmon** on top of couscous. Drizzle **sauce** over salmon, then sprinkle with remaining **za'atar** and **dill** (to taste). Serve with **lemon wedges** on the side for squeezing over.

INCREDIBLE!

Za'atar's bold flavor will make anyone cuckoo for couscous.

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