



20-MIN MEAL

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: 770



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 ¾ Cup | 1½ Cups
- Sour Cream 4 TBSP | 8 TBSP
- Green Beans 6 oz | 12 oz
- Za'atar 1 tsp | 2 tsp

WINE CLUB

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1 PREP

Wash and dry all produce. Bring $\frac{3}{4}$ 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 remaining lemon wedges on the side for squeezing over.

INCREDIBLE!

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

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