



SALMON LIMONE

with Couscous, Italian Herbs & Zucchini Ribbon Salad

INGREDIENTS

2 PERSON | 4 PERSON



2 | 2
Scallions



1 | 2
Roma Tomato



½ Cup | 1 Cup
Israeli Couscous
Contains: Wheat



1 | 2
Chicken Stock Concentrate



10 oz | 20 oz
Salmon
Contains: Fish



1 TBSP | 1 TBSP
Italian Seasoning



1 | 2
Zucchini



1 | 2
Lemon



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk

HELLO

LIMONE

Italian for "lemon," this versatile citrus adds brightness to savory salmon and couscous.



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 790



GO FISH

Some quick tips to ensure crispy-skinned salmon success:

- 1) Take your fillets out of the fridge 15-20 minutes before you prep. Room temperature salmon = more even cooking.
- 2) Heat your oil until shimmering, then add the fillets and let them do their thing (no poking or moving around!). The salmon skin will naturally release from the pan when the fish is ready to flip.

BUST OUT

- Medium pot
- Paper towels
- Large pan
- Peeler
- Zester
- Medium bowl
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (**5 tsp** | **5 tsp**)
- Butter (**2 TBSP** | **3 TBSP**)
Contains: Milk

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1 PREP

- **Wash and dry all produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Dice **tomato**.



4 MAKE SALAD

- Meanwhile, using a peeler, shave **zucchini** lengthwise into ribbons, rotating as you go, until you get to the seedy core; discard core. Zest and quarter **lemon**.
- In a medium bowl, combine **scallion greens, tomato, and zucchini ribbons**. Add a **large drizzle of olive oil** and **juice from half the lemon**. Season with **salt** and **pepper** and toss to combine.



2 COOK COUSCOUS

- Melt **1 TBSP butter** (**2 TBSP for 4 servings**) in a medium pot over medium-high heat. Add **couscous**; cook, stirring occasionally, until lightly toasted, 2-3 minutes.
- Pour in **¾ cup water** (**1½ cups for 4**) and **stock concentrate**. Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is al dente, 6-8 minutes.
- Drain any excess liquid if necessary. Cover pot and set aside.



5 MIX & FLUFF

- In a small bowl, combine **sour cream**, **¼ tsp lemon zest** (**½ tsp for 4 servings**), **salt**, and **pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.
- Fluff **couscous** with a fork; stir in **scallion whites** and remaining lemon zest. Season with **salt** and **pepper**.



3 COOK FISH

- While couscous cooks, pat **salmon*** dry with paper towels. Season all over with **1 tsp Italian Seasoning** (**2 tsp for 4 servings**), **salt**, and **pepper**. (Be sure to measure the seasoning; we sent more.)
- Heat **1 TBSP butter** and **1 TBSP olive oil** in a large, preferably nonstick, pan 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.



6 SERVE

- Divide **couscous** between bowls or plates; top with **salmon** and **salad**. Drizzle **crema** over everything. Serve with **remaining lemon wedges** on the side.

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