



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," the versatile citrus that adds brightness here to savory salmon and couscous

SALMON LIMONE

with Couscous, Italian Herbs & Zucchini Ribbon Salad



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 800



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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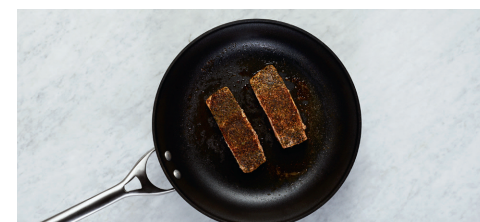
1 PREP

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



2 COOK COUSCOUS

- Melt **1 TBSP butter** (**2 TBSP for 4 servings**) in a medium pot over medium-high heat. Add **couscous**, **scallion whites**, and **½ tsp Italian Seasoning** (**1 tsp for 4**); cook, stirring occasionally, until lightly toasted, 2-3 minutes.
- Pour in **¾ cup water** (**1½ cups for 4**), **stock concentrate**, and a **pinch of salt**. 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.



3 COOK FISH

- Meanwhile, pat **salmon*** dry with paper towels. Season all over with **remaining Italian Seasoning**, **salt**, and **pepper**.
- Heat **1 TBSP butter** and **1 TBSP olive oil** in a large, preferably nonstick, pan over medium-high heat. Add salmon skin sides down; 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.
- **GRILLING ALTERNATIVE:** Brush **salmon** all over with a **drizzle of oil** (or mayonnaise if you have some—this will help prevent sticking and also add moisture). Season with **remaining Italian Seasoning**, **salt**, and **pepper**. Line grill grates or grill pan with foil; heat over medium. Place salmon on foil, skin sides down. Grill until skin is crispy, then flip and cook until fish is opaque and flakes easily with a fork (we suggest 5-6 minutes per side, but grills can vary).



4 MAKE SALAD

- While salmon cooks, 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 generously with **salt** and **pepper**. Toss to combine.



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 remaining lemon zest. Season with **salt** and **pepper**.



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°.