



SPICED DIJON SALMON

with Apple Arugula Salad and Couscous



HELLO



BLUE CIRCLE SALMON
Sustainable, traceable, and non-GMO:
healthy fish for happy, healthy people

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 730

-  Veggie Stock Concentrate
-  Salmon
(Contains: Fish)
-  Lemon
-  Brown Sugar
-  Sour Cream
(Contains: Milk)
-  Pecans
(Contains: Tree Nuts)
-  Couscous
(Contains: Wheat)
-  Turkish Spice Blend
-  Gala Apple
-  Dijon Mustard
-  Arugula

START STRONG

If your salmon starts to char on the surface before it's done in the center, lower the heat. That way, the fish will cook more gently and evenly.



BUST OUT

- Small pot
- Large pan
- Paper towel
- Medium bowl
- Large bowl
- Olive oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Veggie Stock Concentrate 1 | 2
- Couscous ½ Cup | 1 Cup
- Salmon 10 oz | 20 oz
- Turkish Spice Blend 1 TBSP | 2 TBSP
- Lemon 1 | 2
- Gala Apple 1 | 2
- Brown Sugar 1 TBSP | 2 TBSP
- Dijon Mustard 2 tsp | 4 tsp
- Sour Cream 4 TBSP | 8 TBSP
- Arugula 2 oz | 4 oz
- Pecans 1 oz | 2 oz

HELLO WINE



PAIR WITH

Aperçu Pays d'Oc Chardonnay,
2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

HelloFRESH

1 COOK COUSCOUS

Bring **1 cup water**, **stock concentrate**, and a pinch of **salt** to a boil in a small pot. Once boiling, add **couscous**. Remove from heat, cover, and let stand until rest of meal is ready.



4 MAKE SAUCE

Place **brown sugar** in a medium bowl. Squeeze in **juice** from one lemon half and stir to dissolve sugar. Add **mustard** and **sour cream** and stir to combine. Season with **salt** and **pepper**.

2 COOK SALMON

Heat a drizzle of **olive oil** in a large pan over medium-high heat (use a nonstick pan if you have it). Pat **salmon** dry with a paper towel. Season all over with **salt**, **pepper**, and **Turkish spice**. Add to pan skin-side down. Cook to desired doneness, 3-6 minutes per side.



5 DRESS SALAD

Place **arugula**, **apple**, and **pecans** in a large bowl. Add a big squeeze of **lemon** and a drizzle of **olive oil** and toss to combine. Season with **salt** and **pepper**.

3 PREP

Wash and dry all produce. Halve **lemon**. Halve and core **apple**, then thinly slice.



6 FINISH AND SERVE

Fluff **couscous** with a fork and season with **salt** and **pepper**. Divide **couscous** between plates, then top with **salmon**. Drizzle with **sauce**. Serve with **salad** on the side.

BETTER SALMON

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[BlueCircleFoods.com](https://www.BlueCircleFoods.com)

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