



More than Food

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Walnut-Crusted Salmon with Crispy Broccoli and Pilaf-Style Couscous

We're topping buttery salmon with dijon mustard before crusting the fillets with a crunchy mixture of walnuts and panko. Pilaf-style couscous and crispy roasted broccoli make this dish both well-rounded and delicious.



30 min



level 1



make me first



Salmon



Panko



Dijon Mustard



Walnuts



Couscous



Broccoli Florets



Shallot



Vegetable Stock Concentrate

Ingredients

		2 People	4 People
Salmon	1)	12 oz	24 oz
Panko	2) 3)	¼ C	½ C
Dijon Mustard		1 T	2 T
Walnuts	4)	1 oz	2 oz
Couscous	2)	¾ C	1 ½ C
Broccoli Florets		8 oz	16 oz
Shallot		1	2
Vegetable Stock Concentrate		1	2
Butter*	5)	1 T	2 T
Olive Oil*		2 t	4 t

*Not Included

Allergens

- 1) Fish
- 2) Wheat
- 3) Soy
- 4) Nuts
- 5) Milk

Tools

Baking Sheet, Small Bowl, Small Pot

Ruler

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Nutrition per person Calories: 868 cal | Carbs: 68 g | Fat: 42 g | Protein: 51 g | Fiber: 8 g | Sodium: 555 mg

Make sure to wash and dry produce before prepping or cooking!

2



1 Preheat the oven to 400 degrees. Peel, halve, and finely chop the **shallot**. Finely chop the **walnuts**.

2 **Roast the broccoli:** Toss the **broccoli** on one side of a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 15-20 minutes, until golden brown and slightly crispy.

3



3 Heat **1 Tablespoon butter** in a small pot over medium heat. Add the **shallot** and cook, tossing, for 4-5 minutes, until softened. Add **1½ cups water** and the **stock concentrate** and bring to a boil. Once boiling, add the **couscous**, cover, and set aside off the heat.

4 **Make the panko mixture:** In a small bowl, combine the **panko**, **chopped walnuts**, and **1 teaspoon oil**. Season with **salt** and **pepper**.

4



5 Remove the baking sheet from the oven. Place the **salmon** on the opposite side of the baking sheet and season with **salt** and **pepper**. Evenly coat each **salmon fillet** with the dijon mustard. Press the **panko mixture** on top of each fillet and place in the oven for 10-12 minutes, until the **salmon** is opaque in the center and the **broccoli** is golden brown.

5



6 Fluff the **couscous** with a fork. Serve with the **broccoli** and **salmon** on top.