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Spiced Salmon

with Blood Orange-Arugula Salad, Couscous, and Lemon-Shallot Vinaigrette

Although we're not a big fan of the weather, winter does have one major perk: citrus fruit! Blood orange makes this dish pop with a subtle raspberry flavor – even the zest adds an intense floral aroma. Hearty, whole wheat couscous and rich salmon make this healthy dinner plenty satisfying.

30 min

level 1

nut free

dairy free

make me first



Salmon Fillets



Turkish Spice Blend



Whole Wheat Couscous



Arugula



Blood Orange



Shallot



Lemon



Celery

Ingredients

	2 People	4 People
Salmon Fillets	12 oz	24 oz
Turkish Spice Blend	1 t	2 t
Whole Wheat Couscous	½ c	1 c
Arugula	2 oz	4 oz
Blood Orange	1	2
Shallot	1	2
Lemon	1	2
Celery	1 stalk	2 stalks
Olive Oil*	1 T + 1 t	2 T + 2 t

*Not Included

Allergens

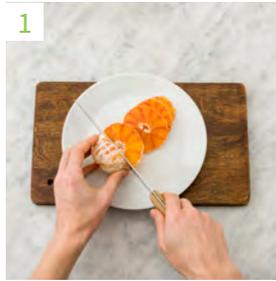
- 1) Fish
- 2) Wheat

Tools

Large Bowl, Small Pot, Large Pan, Zester

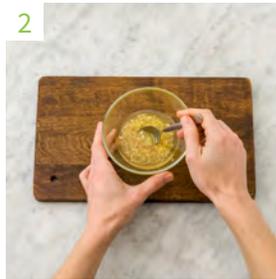
Nutrition per person Calories: 631 cal | Fat: 33g | Sat. Fat: 6g | Protein: 42g | Carbs: 47g | Sugar: 11g | Sodium: 129mg | Fiber: 7g

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



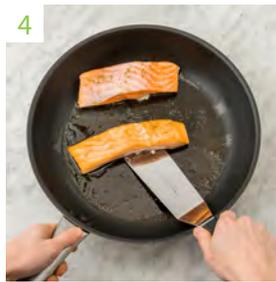
1

1 Prep the ingredients: Halve, peel, and mince the **shallot**. Zest the **lemon** and **blood orange** (you will need about ½ teaspoon of zest from each). Very thinly slice the **celery** on the diagonal. Peel the **blood orange** with your hands, then thinly slice, end to end, into rounds. Remove any seeds.



2

2 Make the vinaigrette: In a large bowl, whisk together the juice of half a **lemon**, **2 Tablespoons minced shallot**, and a large drizzle of **olive oil**. Season with **salt** and **pepper**. Set **half the vinaigrette** aside for the **couscous**.



4

3 Cook the couscous: Bring **1 cup of water** and a pinch of **salt** to a boil in a small pot. Once boiling, add the **couscous**, cover, and remove from heat until the rest of the meal is ready.

4 Sear the salmon: Heat a drizzle of **oil** in a large pan over medium-high heat. Pat dry both sides of the **salmon** with a paper towel. Season the salmon on all sides with **salt**, **pepper**, and the **Turkish spice blend**. Add the **salmon**, skin side down, to the pan and cook for 3-5 minutes per side, until opaque in the middle. Discard the skin, if desired.



5

5 Assemble the salad: Toss the **arugula**, **blood orange**, and **celery** into the bowl with **half of the vinaigrette**. Season with **salt** and **pepper**. If the salad needs additional dressing, toss with another squeeze of **lemon** and a drizzle of **olive oil**.

6 Plate: Fluff the **couscous** with a fork, then drizzle with the **reserved vinaigrette**. Serve with the **salmon** on a bed of couscous, alongside the **orange-arugula** salad. Enjoy!

Ruler

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