



hellofresh.com | hello@hellofresh.com



MAR 2016 Share your masterpiece! Tag your photos with #HelloFreshPics and share on [f](#) [t](#) [i](#) [c](#) You'll be entered into our weekly photo contest!

## Salmon en Papillote

with Whole Wheat Couscous Pilaf, Asparagus, and Tarragon-Chive Herb Sauce

Sealing salmon inside a foil packet allows the fish to steam with aromatic chives and lemon. A bright herb sauce gives this simple meal a touch of elegance.

30 min

level 1

nut free

dairy free

make me first



Salmon



Whole Wheat Couscous



Onion



Chives



Tarragon



Asparagus



Lemon

## Ingredients

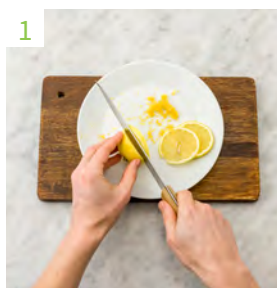
	2 People	4 People	*Not Included
Salmon	12 oz	24 oz	
Whole Wheat Couscous	½ c	1 c	<b>Allergens</b>
Onion	1	2	1) Fish
Chives	¼ oz	½ oz	2) Wheat
Tarragon	¼ oz	½ oz	
Asparagus	6 oz	12 oz	<b>Tools</b>
Lemon	1	2	Zester, Small Pot,
Olive Oil*	4 t	8 t	Tin Foil, Baking Sheet, Small Bowl

Ruler

0 in ¼ in ½ in ¾ in 1 in

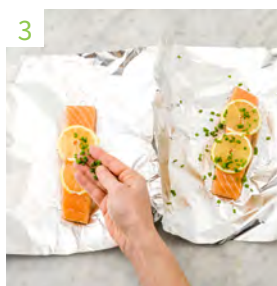
**Nutrition per person** Calories: 621 cal | Fat: 31 g | Sat. Fat: 1 g | Protein: 46 g | Carbs: 43 g | Sugar: 6 g | Sodium: 112 mg | Fiber: 7 g

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



1

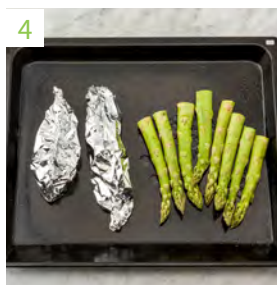
**1 Prep the ingredients:** Preheat the oven to 450 degrees. Halve, peel, and finely chop the **onion**. Zest, then halve the **lemon**. Slice one half into rounds. Mince the **chives**. Trim and discard the bottom ends of the **asparagus**. Mince **1 Tablespoon tarragon**.



3

**2 Cook the couscous:** Heat a drizzle of **oil** in a small pot over medium heat. Add the **chopped onion** and cook, tossing for 4-5 minutes, until softened. Add **1 cup water** and bring to a boil with a large pinch of **salt**. Once boiling, add the **couscous**, cover and remove from the heat until the rest of the meal is ready.

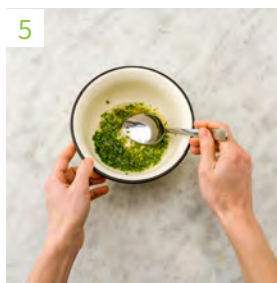
**3 Prep the salmon:** Lay each **salmon fillet** on a large sheet of tin foil. Season both sides with **salt** and **pepper**. Top each fillet with **two lemon rounds** and a handful of **chives** (we'll be using the rest later). Fold over the tin foil and crimp the edges to seal into a packet.



4

**4 Cook the salmon and asparagus:** Place the foil packets on one side of a baking sheet. On the other side of the baking sheet, toss the **asparagus** with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for 10-12 minutes, until the **salmon** is opaque and the **asparagus** is tender.

**5 Make the tarragon-chive herb sauce:** In a small bowl, combine the **tarragon**, a pinch of **lemon zest**, a large drizzle of **olive oil**, and the remaining **chives**. Season with **salt** and **pepper** and finish with a squeeze of **lemon**.



5

**6 Finish and plate:** Fluff the **couscous** with a fork and season with **salt**, **pepper** and a pinch of **lemon zest**. Serve the **salmon** on a bed of **couscous** with the **asparagus** to the side. Garnish with a squeeze of **lemon** and a drizzle of the **tarragon-chive herb sauce** and enjoy!