



CREAMY LEMON SALMON

over Tomato Scallion Couscous



HELLO



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

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 710

- 
Roma Tomato
- 
Scallions
- 
Sour Cream
(Contains: Milk)
- 
Salmon
(Contains: Fish)
- 
Lemon
- 
Garlic
- 
Israeli Couscous
(Contains: Wheat)
- 
Fry Seasoning

START STRONG

Gently press down on the salmon as the skin side is cooking in the pan. This will increase surface contact, giving you fillets that are perfectly browned and crisp.

BUST OUT

- Zester
- Small bowl
- Medium pot
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Vegetable oil (1 TBSP | 2 TBSP)
- Medium pan
- Paper towel

INGREDIENTS

Ingredient 2-person | 4-person

- Roma Tomato 1 | 2
- Lemon 1 | 2
- Scallions 2 | 4
- Garlic 2 Cloves | 2 Cloves
- Sour Cream 4 TBSP | 8 TBSP
- Israeli Couscous ½ Cup | 1 Cup
- Salmon 10 oz | 20 oz
- Fry Seasoning 1 TBSP | 2 TBSP

HELLO WINE



PAIR WITH
Barquette Monterey County
Chardonnay, 2015

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



1 PREP

Wash and dry all produce. Core and seed **tomato**, then cut into ½-inch pieces. Zest **lemon** until you have 1 tsp zest, then cut into wedges. Trim, then thinly slice **scallions**, keeping greens and whites separate. Mince or grate **garlic**.



4 STIR COUSCOUS

Heat another **1 TBSP butter** and a large drizzle of **oil** in pot used for **couscous** over medium-high heat. Once butter melts, add **scallion whites** and **tomato**. Cook, stirring frequently, until slightly softened, 2-3 minutes. Lower heat to medium and add **garlic**. Cook until fragrant, about 1 minute. Stir in couscous. Season with **salt** and **pepper**, then remove pot from heat.



2 MAKE CREMA

In a small bowl, stir together **sour cream**, half the **lemon zest**, and a few squeezes of **lemon juice** (to taste—start with about ¼ of the lemon and add more from there). Season with **salt** and **pepper**. Taste and add more lemon zest or juice, if desired.



5 COOK SALMON

Heat a drizzle of **oil** in a medium pan over medium-high heat (use a nonstick pan if you have one). Pat **salmon** dry with a paper towel. Season all over with **salt**, **pepper**, and **fry seasoning**. Add to pan skin-side down. Cook until skin is crisp, 4-6 minutes. Flip and cook to desired doneness, 2-3 minutes more.



3 COOK COUSCOUS

Melt **1 TBSP butter** in a medium pot over medium-high heat. Add **couscous** and cook, stirring occasionally, until lightly toasted, 2-3 minutes. Add **1 cup water**, then bring to a boil. Lower heat slightly and let simmer until al dente, 7-9 minutes. Remove couscous from pot and set aside.



6 PLATE AND SERVE

Fluff **couscous** with a fork, then stir in half the **scallion greens**. Divide between plates, along with **salmon**. (**TIP:** Arrange fillets skin-side up to keep the skin crisp.) Drizzle salmon with a spoonful of **crema**. Sprinkle with remaining scallion greens. Serve with any remaining **lemon wedges** and crema on the side.

BETTER SALMON

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