



Dukkah-Crusted Salmon

with Apricot Couscous and Zucchini

20-min

20 Minutes



Salmon Fillets,
skinless



Chicken Broth
Concentrate



Couscous



Lemon



Dried Apricots



Greek Yogurt



Dukkah Spice



Zucchini



Dill



Garlic

HELLO DUKKAH SPICE

This Egyptian seasoning is a savoury blend of seeds, nuts and warm spices.

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking sheet, kettle, microplane/zester, measuring spoons, large bowl, parchment paper, small bowl, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Chicken Broth Concentrate	1	2
Couscous	½ cup	1 cup
Lemon	1	2
Dried Apricots	56 g	56 g
Greek Yogurt	100 g	200 g
Dukkah Spice	1 tbsp	2 tbsp
Zucchini	400 g	800 g
Dill	7 g	14 g
Garlic	6 g	12 g
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Roast salmon and zucchini

Slice the **zucchini** into ½-inch rounds. Pat the **salmon** dry with paper towels. Season **salmon** with **salt, pepper** and the **Dukkah Spice**. Transfer the **salmon** to one side of a parchment-lined baking sheet. Add the **zucchini** and **1 tbsp oil** (dbl for 4 ppl) to the other side of the baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast **salmon** and **zucchini** in the **middle** of the oven, until salmon is cooked through, 15-16 min. ** (NOTE: For 4 ppl, use two baking sheets and roast in the middle and top of the oven.)



Make lemon yogurt

Stir together the **yogurt, half the dill, 1 tbsp lemon juice, ¼ tsp garlic, 1 tsp lemon zest** and **¼ tsp sugar** (dbl all for 4 ppl) in a small bowl. Season with **salt** and **pepper**.



Finish prep

While the **salmon** and **zucchini** roast, finely chop the **dill**. Roughly chop the **apricots**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Peel, then mince or grate the **garlic**.



Finish and serve

Fluff **couscous** with a fork, then stir in **remaining dill** and **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Divide **couscous** between plates and top with **salmon** and **zucchini**. Dollop the **lemon yogurt** over top.

Dinner Solved!



Cook couscous

Bring a kettle of **water** to a boil. Add **couscous** and **apricots** to a large bowl. Stir in **¾ cup boiling water** (dbl for 4 ppl) and **broth concentrate**. Cover and let stand, until **couscous** is tender and **liquid** is absorbed, 5-6 min.