



# Lemon Butter Basted Salmon with Couscous and Green Beans

Calorie Smart

30 Minutes



Salmon Fillets,  
skinless



Lemon



Israeli Couscous



Green Beans



Dill



Baby Tomatoes



Garlic Puree

HELLO ISRAELI COUSCOUS

*Don't be fooled by its shape, these tiny pearls are actually pasta!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, strainer, zester, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Lemon	1	2
Israeli Couscous	¾ cup	1 ½ cup
Green Beans	170 g	340 g
Dill	7 g	7 g
Baby Tomatoes	113 g	227 g
Garlic Puree	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
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.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

## Contact

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### 1 Prep

Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl. Cover and bring to a boil over high heat. While the **water** comes to a boil, trim **green beans**. Roughly chop **dill**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



### 2 Roast veggies

Toss **green beans** and **tomatoes** with **1 tsp oil** (dbl for 4 ppl) and **half the garlic puree** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until **veggies** are tender-crisp, 8-10 min.



### 3 Cook couscous

While **veggies** roast, add **couscous** to the **boiling water**. Cook, uncovered, stirring occasionally, until tender, 6-8 min. When **couscous** is done, reserve **2 tbsp pasta water** (dbl for 4 ppl), then drain and return **couscous** to the same pot, off heat.



### 4 Cook salmon

While **couscous** cooks, pat **salmon** dry with paper towels. Sprinkle **lemon zest** over top, then season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **½ tsp butter** (dbl for 4 ppl), then **salmon**. Pan-fry, until golden-brown and cooked through, 3-4 min per side.\*\*



### 5 Finish couscous

Add **reserved pasta water**, **remaining garlic puree**, **half the dill** (all for 4 ppl), **1 tbsp lemon juice** and **½ tsp butter** (dbl both for 4 ppl) to **couscous**. Season with **salt** and **pepper**, then stir to combine.



### 6 Finish and serve

Divide **couscous**, **salmon** and **roasted veggies** between plates. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!