



# Pesto Baked Salmon

with Herby Couscous and Garlicky Veggies

Top-Rated Special

20-min



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Salmon Fillets,  
skin-on



Double Salmon fillets,  
skin-on



Basil Pesto



Sugar Snap Peas



Pearl Couscous



Baby Tomatoes



Parsley



Garlic Puree



Onion, chopped



Lemon

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO PARSLEY

*Fresh and aromatic, this herb brings brightness to any dish!*

## Start here

- Before starting, preheat the oven to 450°F.
- Add 10 cups water and 2 tsp salt in a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

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

## Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon fillets, skin-on	500 g	1000 g
Basil Pesto	¼ cup	½ cup
Sugar Snap Peas	113 g	227 g
Pearl Couscous	¾ cup	1 ½ cups
Baby Tomatoes	113 g	227 g
Parsley	7 g	14 g
Garlic Puree	1 tbsp	2 tbsp
Onion, chopped	56 g	113 g
Lemon	½	1
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 the website or app for the as-prepared recipe nutritional information.

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



### Prep

- Trim **snap peas**.
- Halve **tomatoes**.
- Roughly chop **parsley**.
- Zest, then cut **half the lemon** (whole lemon for 4 ppl) into wedges.



### Cook couscous

- Add **couscous** to the **boiling water**.
- Cook uncovered, stirring occasionally, until tender, 6-8 min.
- Drain and return **couscous** to the same pot, off heat.



### Bake salmon

- Meanwhile, pat **salmon** dry with paper towels. Season with **salt** and **pepper**.
- Place on a parchment-lined baking sheet, skin-side down.
- Spoon **1 tbsp pesto** over **each piece of salmon**.
- Bake in the **middle** of the oven, until cooked through, 4-6 min.\*\*

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of salmon**. Cook in batches, if necessary.



### Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **onions, snap peas** and **tomatoes**. (**NOTE:** Don't overcrowd the pan; cook veggies in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Cook, stirring occasionally, until tender-crisp, 6-8 min. Season with **salt** and **pepper**.
- Add **garlic puree**. Cook, stirring often, until fragrant, 1 min.
- Remove from heat. Set aside.



### Finish couscous

- Add **couscous, lemon zest, half the parsley** and **remaining pesto** to the pan with **veggies**.
- Season with **salt** and **pepper**, then stir to combine.



### Finish and serve

- Divide **herby couscous** between plates.
- Top with **pesto baked salmon**.
- Sprinkle with **remaining parsley**.
- Squeeze a **lemon wedge** over top, if desired.

## Dinner Solved!



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