



SALMON EN PAPILOTE

with Couscous Pilaf and Snap Peas and Tarragon-Chive Herb Sauce

MAKE FIRST

PRONTO



HELLO

EN PAPILOTE

This French cooking technique involves wrapping food in a pouch before baking.

PREP: 10 MIN

TOTAL: 30 MIN

CALORIES: 473



Salmon Fillets, skinless



Couscous



Onion, chopped



Chives



Tarragon



Sugar Snap Peas, trimmed



Lemon



Vegetable Broth Concentrate

BUST OUT

- 2 Baking Sheets
- Aluminum Foil
- Zester
- Measuring Cups
- Measuring Spoons
- Medium Pot
- Small Bowl
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- **Salmon Fillets, skinless** 0 227 g | 454 g
- **Couscous** 1 ½ cup | 1 cup
- **Onion, chopped** 56 g | 113 g
- **Chives** 10 g | 20 g
- **Tarragon** 10 g | 20 g
- **Sugar Snap Peas, trimmed** 227 g | 454 g
- **Lemon** 1 | 2
- **Vegetable Broth Concentrate** 1 | 2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat your oven to **400°F** (to bake the fish and roast the snap peas). Start prepping when your oven comes up to temperature!



1 PREP Wash and dry all produce.* Zest, then juice **half the lemon** (1 lemon for 4 ppl). Cut the **remaining** lemon into ¼-inch rounds. Finely chop the **chives**. Finely chop **1 tbsp tarragon leaves** (double for 4 ppl.), reserving **remaining** tarragon sprigs. Cut **two 12x8"** squares of foil (4 squares for 4 ppl). Season both sides of the **salmon** with **salt** and **pepper**.



4 COOK COUSCOUS Meanwhile, heat a medium pot over medium heat. Add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until softened, 3-4 min. Add **¾ cups water** (double for 4 ppl) and **broth concentrate(s)**. Bring to a boil over high heat. Remove the pot from the heat and stir in the **couscous**. Cover and let stand for 5 min.



2 COOK FISH Arrange the foil pieces on a baking sheet. Divide the **remaining tarragon** sprigs between each piece of foil. Place **salmon** on top and cover with **2 lemon rounds**. Fold foil over salmon and crimp the edges to seal into a packet. Bake in the centre of the oven, until salmon is opaque and cooked through, 10-12 min. Set the packets aside to rest for 5 min.



5 MAKE HERB SAUCE Meanwhile, in a small bowl, combine the **chopped tarragon, lemon juice, half the lemon zest, 1 tbsp chives** (double for 4 ppl) and **1 tbsp oil** (double for 4 ppl). Season with **salt** and **pepper**. Fluff the **couscous** with a fork and stir in the **remaining** lemon zest and **remaining** chives. Season with **salt** and **pepper**.



3 COOK SNAP PEAS Meanwhile, on another baking sheet, toss the **sugar snap peas** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven until tender-crisp, 3-5 min.



6 FINISH AND SERVE Divide the **salmon fillets, couscous** and **snap peas** between plates. Spoon the **tarragon-chive herb sauce** over the salmon.

HERBACEOUS!

Finishing with an herby dressing gives the salmon a bright and flavourful finish!

