



OCT
2016

Spiced Salmon

with Orange Arugula Salad, Couscous, and Lemon Shallot Dressing

Whoever thought of adding citrus fruit to salad was a downright genius. We can't get enough of the tangy and peppery combination, especially when it comes with a side of fluffy couscous and tender salmon.



Prep: 10 min
Total: 35 min



level 1



make
me first



nut
free



dairy
free



Salmon



Whole Wheat
Couscous



Arugula



Orange



Shallot



Lemon



Turkish Spice
Blend



Celery

Ingredients

	2 People	4 People
Salmon	1) 12 oz	24 oz
Whole Wheat Couscous	2) ½ Cup	1 Cup
Arugula	2 oz	4 oz
Orange	1	2
Shallot	1	1
Lemon	1	1
Celery	1 Stalk	2 Stalks
Turkish Spice Blend	1 T	2 T
Olive Oil*	4 t	8 t

*Not Included

Allergens

- 1) Fish
- 2) Wheat

Tools

Zester, Large bowl, Whisk, Small pot, Large pan, Paper towel

Nutrition per person Calories: 605 cal | Fat: 28 g | Sat. Fat: 5 g | Protein: 42 g | Carbs: 49 g | Sugar: 12 g | Sodium: 134 mg | Fiber: 8 g

1



1 Prep: Wash and dry all produce. Halve, peel, and mince **2 Tablespoons shallot**. Zest the **lemon** and **orange** (you'll need about ½ teaspoon from each). Peel the orange with your hands before thinly slicing, end to end, into rounds. Remove any seeds. Halve the **lemon**. Thinly slice the **celery**.

2



2 Make the dressing: In a large bowl, whisk together the **juice of half a lemon**, **2 Tablespoons shallot**, the **lemon and orange zest**, and a large drizzle of **olive oil** (to taste). Season with **salt** and **pepper**. Set **half the dressing** aside for the **couscous**.

4



3 Cook the couscous: Bring **1 cup water** and a pinch of **salt** to a boil in a small pot. Once boiling, add the **couscous**. Cover and remove from heat.

4 Cook the salmon: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Pat dry the **salmon** with a paper towel. Season on all sides with **salt**, **pepper**, and the **Turkish spice blend**. Add the **salmon** to the pan. Cook 3-4 minutes per side, until opaque in the middle. Remove and discard the skin.

5



5 Toss the salad: Toss the **arugula**, **orange**, and **celery** into the bowl with the **dressing**. Season with **salt** and **pepper**. **TIP:** Add extra olive oil and lemon juice if needed.

6 Finish and serve: Fluff the **couscous** with a fork, and drizzle with the reserved **lemon shallot dressing**. Serve the **spiced salmon** on a bed of **couscous** with the **orange arugula salad** on the side. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

