



# Smart Spicy Salmon and Poblano Stew

with Lemon-Chili Couscous

Carb Smart

Calorie Smart

Spicy

30 Minutes



Salmon Fillets, skin-on



Crushed Tomatoes



Couscous



Vegetable Broth Concentrate



Parsley



Lemon



Garlic, cloves



Chili Flakes



Yellow Onion



Poblano Pepper



Scan the QR code to tell us about your delivery experience.

HELLO PARSLEY

Fresh and green, this herb brings brightness to any dish!

## Start here

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

## Bust out

Baking sheet, measuring spoons, zester, aluminum foil, medium pot, measuring cups, large pot, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Crushed Tomatoes	370 ml	796 ml
Couscous	¼ cup	½ cup
Vegetable Broth Concentrate	1	2
Parsley	7 g	14 g
Lemon	1	1
Garlic, cloves	2	4
Chili Flakes 🌶️	½ tsp	1 tsp
Yellow Onion	56 g	113 g
Poblano Pepper 🌶️	160 g	320 g
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 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.*

## Contact

Call us | (855) 272-7002  
HelloFresh.ca

Facebook Instagram Twitter YouTube @HelloFreshCA



### 1

- #### Prep
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
  - Peel, then mince or grate **garlic**.
  - Core, then cut **poblano** into ½-inch pieces, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping poblanos!)
  - Add **¾ cup water**, **⅛ tsp salt** and **1 tbsp butter** (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.



### 4

- #### Roast salmon
- Meanwhile, pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
  - Arrange **salmon** on a lightly-oiled, foil-lined baking sheet, skin-side down.
  - Rub **remaining garlic** over **salmon**.
  - Roast in the **middle** of the oven until **salmon** is cooked through, 8-11 min. \*\*



### 2

#### Cook couscous and start stew

- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.
- Meanwhile, heat a large pot over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **½ tsp chili flakes** (dbl for 4 ppl), poblanos and **onions**. Cook, stirring often, until **veggies** soften, 3-4 min.
- Season with **salt** and **pepper**.



### 5

#### Finish couscous

- Meanwhile, finely chop **parsley**.
- Zest, then cut **lemon** into wedges.
- When **couscous** is tender, fluff with a fork.
- Season with **salt** and **pepper**, then stir in **lemon zest** and **parsley**.



### 3

#### Finish stew

- Add **crushed tomatoes**, **half the garlic**, **broth concentrate** and **1 ½ cups water** (dbl for 4 ppl) to the pot with **veggies**. Bring to a boil over high.
- Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **veggies** are tender and **liquid** thickens slightly, 6-7 min.
- Season with **salt** and **pepper**, to taste.
- Remove the pot from heat. Cover to keep warm.



### 6

#### Finish and serve

- When **salmon** is done, gently remove and discard skin.
- Using 2 forks, break **salmon** up into large flakes. Stir into **stew**.
- Divide **couscous** between bowls. Top with **salmon stew**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!