



20-MIN MEAL

SALMON LIMONE

with Couscous, Italian Herbs & Zucchini Ribbon Salad



HELLO LIMONE

Italian for "lemon," this versatile citrus adds brightness to savory salmon and couscous.

PREP: 5 MIN | **TOTAL: 20 MIN** | **CALORIES: 730**



Scallions



Israeli Couscous
(Contains: Wheat)



Salmon
(Contains: Fish)



Zucchini



Sour Cream
(Contains: Milk)



Roma Tomato



Chicken Stock Concentrate



Italian Seasoning



Lemon

START STRONG

Press down gently with a spatula while the salmon cooks in step 3. This will increase surface contact, giving you skin that's delectably crisp.

BUST OUT

- Medium pot
- Paper towels
- Large pan
- Peeler
- Zester
- Olive oil (5 tsp | 5 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)
- Medium bowl
- Small bowl
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Scallions 2 | 4
- Roma Tomato 1 | 2
- Israeli Couscous ½ Cup | 1 Cup
- Chicken Stock Concentrate 1 | 2
- Salmon* 10 oz | 20 oz
- Italian Seasoning 1 tsp | 2 tsp
- Zucchini 1 | 2
- Lemon 1 | 2
- Sour Cream 2 TBSP | 4 TBSP

* Salmon is fully cooked when internal temperature reaches 145 degrees.

WINE CLUB

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1 PREP

Wash and dry all produce. Trim and thinly slice **scallions**, separating whites from greens. Dice **tomato**.



4 MAKE SALAD

Meanwhile, using a peeler, shave **zucchini** lengthwise into ribbons, rotating as you go, until you get to the seedy core; discard core. Zest and halve **lemon**; cut one half into 2 wedges (for 4 servings, halve one lemon and quarter other). In a medium bowl, combine **scallion greens**, **tomato**, and **zucchini ribbons**. Add a large drizzle of **olive oil** and juice from **lemon half** (two halves for 4). Season with **salt** and **pepper** and toss to combine.

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2 COOK COUSCOUS

Melt **1 TBSP butter** (2 TBSP for 4 servings) in a medium pot over medium-high heat. Add **couscous** and cook, stirring occasionally, until lightly toasted, 2-3 minutes. Pour in **¾ cup water** (1½ cups for 4) and **stock concentrate**. Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is al dente, 6-8 minutes. Pour out any excess liquid, if necessary. Cover pot and set aside.



5 FINISH COUSCOUS & MAKE CREMA

Reserve **¼ tsp lemon zest** (½ tsp for 4 servings). Fluff **couscous** with a fork; stir in **scallion whites** and remaining lemon zest. Season with **salt** and **pepper**. In a small bowl, combine **sour cream**, reserved lemon zest, **salt**, and **pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



3 COOK SALMON

Rinse **salmon**, then pat dry with paper towels. Season all over with **salt**, **pepper**, and **Italian Seasoning**. Heat **1 TBSP butter** and **1 TBSP olive oil** in a large, preferably nonstick, pan over medium-high heat. Add salmon skin sides down and cook until skin is browned and crispy, 3-4 minutes. Flip and cook until fish is opaque and cooked through, 3-4 minutes more. Transfer to a paper-towel-lined plate.



6 SERVE

Divide **couscous** between bowls or plates; top with **salmon** and **salad**. Drizzle **crema** over everything. Serve with **lemon wedges** on the side.

SUNNY BUSINESS

Lemon crema is also great on tacos, rice bowls, or anything that benefits from a bright twist.

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