

# **INGREDIENTS**

2 PERSON | 4 PERSON



12 oz | 24 oz Carrots



2 Cloves | 4 Cloves Garlic



1 | 2 Lemon



2.5 oz | 5 oz Israeli Couscous Contains: Wheat



1 | 2 Veggie Stock Concentrate



10 oz | 20 oz Salmon Contains: Fish



**2 tsp | 4 tsp** Dijon Mustard



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!



# **HelloCustom**

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.

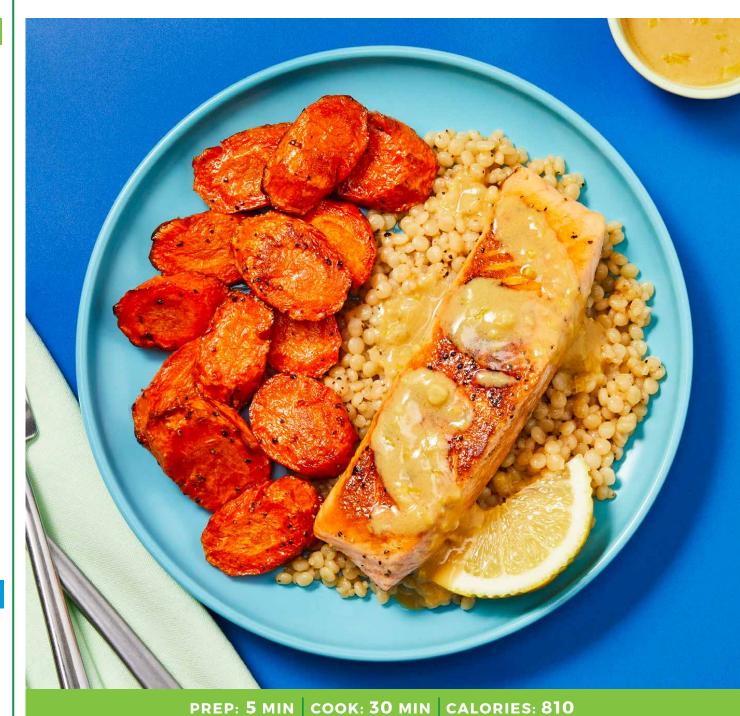


6 oz | 12 oz Green Beans



# **SEARED SALMON WITH LEMON-DIJON SAUCE**

plus Garlic Couscous & Roasted Carrots





# **HELLO**

## **DIJON MUSTARD**

The classic French condiment adds a flavorful, piquant punch.

### FIL-LET IT BE

When you add the salmon fillets to the pan, let them do their thing (no moving around!). The salmon skin will naturally release when it's ready.

#### **BUST OUT**

- Peeler
- Paper towels
- Zester
- Large pan
- Baking sheet
- Small bowl
- Small pot
- Whisk
- Kosher salt
- · Black pepper
- Cooking oil (5 tsp | 5 tsp)
- Sugar (1/2 tsp | 1 tsp)
- Butter (2½ TBSP | 5 TBSP)
  Contains: Milk

#### **GET SOCIAL**

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com



#### 1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. Wash and dry produce.
- Trim, peel, and cut carrots on a diagonal into ½-inch-thick pieces. Peel and mince or grate garlic. Zest and guarter lemon.
- Trim green beans if necessary. (Save carrots for another use.)



## **2 ROAST CARROTS**

- Toss carrots on a baking sheet with a large drizzle of oil, salt, and pepper.
- Roast on top rack until golden brown and tender. 20-25 minutes.
- Swap in **green beans** for carrots. Roast for 10-12 minutes.



- Meanwhile, heat a drizzle of oil in a small pot over medium-high heat. Add couscous, half the garlic, and a big pinch of salt.
   Cook, stirring constantly, until couscous is toasted and garlic is fragrant, 1-2 minutes.
- Add stock concentrate and ¾ cup water (1½ cups for 4 servings). Bring to a boil, then cover and reduce heat to low. Cook couscous until tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



# 4 SEASON & COOK SALMON

- While couscous cooks, pat salmon\* dry with paper towels; season with salt and pepper.
- Heat a drizzle of oil in a large, preferably nonstick, pan over medium-high heat.
   Add salmon to pan, skin sides down. Cook salmon until skin is crisp, 5-7 minutes.
- Flip and cook until cooked through,
  1-2 minutes more. Turn off heat; transfer to a plate. Wipe out pan and let cool slightly.



## **5 MAKE SAUCE**

- Dice **2 TBSP butter** (4 TBSP for 4 servings) into ½-inch pieces.
- In a small bowl, combine mustard, 1 TBSP water, ½ tsp sugar, juice from two lemon wedges, and as much lemon zest as you like. (For 4, use 2 TBSP water, 1 tsp sugar, and juice from four wedges.)
- Heat a drizzle of oil in pan used for salmon over medium heat. Add remaining garlic and a pinch of salt. Cook, stirring occasionally, until fragrant, 30-60 seconds.
- Whisk in mustard mixture. Add diced butter one piece at a time, whisking constantly, until butter has melted and sauce has thickened, 1-2 minutes more.
- Keep covered off heat until ready to serve.



- Stir ½ TBSP butter (1 TBSP for 4 servings) into pot with couscous until melted. Taste and season with salt and pepper if desired.
- Divide couscous and carrots between plates in separate sections. Top couscous with salmon and drizzle salmon with lemon-Dijon sauce. Serve with a squeeze of lemon juice and any remaining lemon wedges on the side.