



# SEARED SALMON WITH LEMON-DIJON SAUCE

plus Garlic Couscous & Roasted Carrots

## 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



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## 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

Calories: 760



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 810



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 (½ tsp | 1 tsp)
  - Butter (2½ TBSP | 5 TBSP)  
Contains: Milk

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## 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 quarter **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.



## 3 COOK COUSCOUS

- 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.



## 6 FINISH & 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.

\*Salmon is fully cooked when internal temperature reaches 145°.