



SALMON LIMONE

over Herbed Couscous with Zucchini & Tomato

INGREDIENTS

2 PERSON | 4 PERSON



2 | 2
Scallions



1 | 2
Tomato



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Chicken Stock
Concentrate



10 oz | 20 oz
Salmon
Contains: Fish



1 TBSP | 1 TBSP
Italian Seasoning



1 | 2
Zucchini*



1 | 2
Lemon



1½ TBSP | 3 TBSP
Crema
Contains: Milk



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

*The ingredient you received may be a different color.

HELLO

LIMONE

Italian for "lemon," the versatile *limone* adds brightness to savory salmon and couscous.

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 660



GO FISH

When you add the fillets to the pan in Step 4, let them do their thing (no moving around!). The salmon skin will naturally release when it's ready.

BUST OUT

- Medium pot
- Zester
- Large pan
- Small bowl
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 START PREP

- Wash and dry produce.
- Trim and thinly slice **scallions**, separating whites from greens. Trim and quarter **zucchini** lengthwise; cut crosswise into ¼-inch-thick pieces.



2 COOK COUSCOUS

- Melt **1 TBSP butter** (2 TBSP for 4 servings) in a medium pot over medium-high heat. Add **couscous**, **scallion whites**, and **½ tsp Italian Seasoning** (1 tsp for 4); cook, stirring occasionally, until lightly toasted, 2-3 minutes.
- Add **¾ cup water** (1½ cups for 4), **stock concentrate**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is al dente, 6-8 minutes.
- Drain any excess liquid if necessary. Keep covered until ready to serve.



3 COOK ZUCCHINI

- While couscous cooks, heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **zucchini**; cook, stirring occasionally, until lightly browned and softened, 3-4 minutes. Season with **salt** and **pepper**.
- Turn off heat; transfer to a plate. Wipe out pan.



4 COOK FISH

- Pat **salmon*** dry with paper towels. Season all over with **remaining Italian Seasoning**, **salt**, and **pepper**.
- Heat a **large drizzle of oil** in pan used for zucchini over medium-high heat. Add salmon, skin sides down, and cook until skin is crispy, 5-7 minutes.
- Flip and cook until fish is opaque and cooked through, 1-2 minutes more. Remove from pan and set aside.



5 FINISH PREP & MAKE CREMA

- While salmon cooks, zest and quarter **lemon**. Dice **tomato**.
- In a small bowl, combine **crema**, **¼ tsp lemon zest** (½ tsp for 4 servings), **salt**, and **pepper**.



6 FINISH & SERVE

- Fluff **couscous** with a fork; stir in **zucchini**, **tomato**, **scallion greens**, **remaining lemon zest**, and a **squeeze of lemon juice**. Season with **salt** and **pepper**.
- Divide couscous between bowls or plates; top with **salmon**. Drizzle everything with **zesty crema**. Serve with **remaining lemon wedges** on the side.

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