



SALMON WITH DILLY CRÈME FRAÎCHE & ASPARAGUS

FAST & FRESH

Couscous & Shallot

BOX TO PLATE: 15 MINUTES

HELLO

FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

BUST OUT

2 PERSON | 4 PERSON

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



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CALORIES: 660

1 SIZZLE



10 oz | 20 oz
Salmon
Contains: Fish

- Pat **salmon*** dry and season with **salt** and **pepper**. Drizzle **oil** in a hot large pan. Cook **salmon**, skin sides down, until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more.
- Turn off heat; transfer to a plate.



3 STIR-FRY



1 | 2
Shallot



6 oz | 12 oz
Asparagus

- Halve, peel, and thinly slice **shallot**. Trim bottom ends from **asparagus**; cut stalks into 1-inch pieces.
- Drizzle **oil** in hot pan used for salmon. Add **shallot** and **asparagus**. Cook, stirring, until tender, 2-3 minutes. Season with **salt** and **pepper** if desired. **TIP: If there's still oil in pan from salmon, feel free to skip the drizzle!**



2 SIMMER



2 Cloves | 4 Cloves
Garlic



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Mushroom Stock Concentrate

- While salmon cooks, **wash and dry produce**. Peel and mince or grate **garlic**.
- Drizzle **oil** in a small pot over medium-high heat. Add **garlic** and cook, stirring, until fragrant, 30 seconds.
- Add **couscous** and $\frac{3}{4}$ cup water ($1\frac{1}{2}$ cups for 4); bring to a boil, then cover and reduce to a low simmer. Cook until tender, 6-8 minutes. **TIP: Drain any excess liquid if necessary.**
- Stir in **stock concentrate**, **1 TBSP butter** (2 TBSP for 4), **salt**, and **pepper**. Keep covered off heat until ready to serve.



4 SERVE



$\frac{1}{4}$ oz | $\frac{1}{4}$ oz
Dill



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk

- Meanwhile, chop **half the dill** (all for 4). In a small bowl, combine **chopped dill** and **crème fraîche**.
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.
- Drizzle **dilly crème fraîche** over **salmon** and serve with **couscous** and **asparagus**.



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