



# MOROCCAN-SPICED SALMON

with Tomato and Caramelized Onion Couscous

PRONTO



## HELLO SALMON

This fish is packed with fatty acids, which are integral for heart health and memory function

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 621



Salmon, fillets



Red Onion, chopped



Mint



Roma Tomato



Vegetable Broth Concentrate



Moroccan Couscous



Lemon



Moroccan Spice Blend



Pomegranate

## BUST OUT

- Large Non-Stick Pan
- Strainer
- 2 Small Bowls
- Measuring Cups
- Measuring Spoons
- Sugar (1 tsp | 2 tsp)
- Large Bowl
- Salt and Pepper
- Medium Bowl
- Olive or Canola oil
- Zester

## INGREDIENTS

2-person | 4-person

- Salmon, fillets 0 285 g | 570 g
- Red Onion, chopped 113 g | 227 g
- Mint 10 g | 10 g
- Roma Tomato 80 g | 160 g
- Vegetable Broth Concentrate 1 | 2
- Moroccan Couscous 1 ½ cup | 1 cup
- Lemon 1 | 2
- Moroccan Spice Blend 4 tsp | 8 tsp
- Pomegranate 1 | 1

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.



## START STRONG

Cooking salmon, skin-side down from a cold pan, allows for a gentle and even cook resulting in crispy skin and tasty flesh!



### 1 CARAMELIZE ONIONS

Wash and dry all produce.\*

Heat a large non-stick pan over medium-low heat. Add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until the onions are dark golden-brown and softened, 15-18 min.



### 4 COOK SALMON

When the **onions** are done, remove pan from the heat and transfer onions to medium bowl. Set aside. Wipe the pan clean. In the same pan, add the **salmon**, skin-side down. Heat the pan over medium-high heat and cook until the skin is crispy, 6-7 min. Flip the salmon over and cook until opaque in the centre and cooked through, 1-2 min.



### 2 MAKE RUB

Meanwhile, in a small bowl, combine the **Moroccan spice blend** and **1 tsp sugar** (double for 4 ppl) with a drizzle of **oil**. (**TIP:** Just enough oil to form a paste!) Pat the **salmon** dry with paper towels. Rub the **spice mixture** all over the salmon. Season with **salt** and **pepper**. Set aside to marinate for 15 min.



### 5 MAKE COUSCOUS

Meanwhile, cut the **tomato(es)** into ¼-inch cubes. Finely chop **mint leaves**. Zest, then cut **lemon(s)** into wedges. In the bowl with the **onions**, add the **couscous**, **broth concentrate(s)** and **¾ cup boiling water** (double for 4 ppl). Cover and let stand, until the water absorbs, 5-6 min. Stir in the **lemon zest**, tomato, mint and as many **pomegranate seeds** as you like.



### 3 PREP

Meanwhile, fill a large bowl with **water**. Cut a ¾-inch deep X on top of the **pomegranate**. In the large bowl, submerge the fruit under the water. Pry open by pulling **outwards** on the X, to release the "**arils**". Remove peel and pith (they will float to the top of the water). Drain arils and transfer to another small bowl. Set aside.



### 6 FINISH AND SERVE

Squeeze a **lemon wedge** over the **couscous** and season with **salt** and **pepper**. Divide the couscous between plates. Top with the **salmon** and squeeze over **another** lemon wedge, if desired.

## SWEET!

A staple in Moroccan cuisine, pomegranate arils add a pop of sweet and sour flavour!