



# Pesto Baked Salmon

## with Herby Couscous and Garlicky Veggies

**FAMILY** 20 Minutes



Salmon Fillets



Basil Pesto



Green Beans



Israeli Couscous



Cherry Tomatoes



Parsley



Garlic

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

**HELLO PARSLEY**

*This herb packs a subtle but fresh flavour!*

## START HERE

- Before starting, preheat the oven to 450°F.
- In a large pot, add 10 cups warm water and 2 tsp salt. Cover and bring to a boil over high heat.
- Wash and dry all produce.

### Bust Out

Large Non-Stick Pan, Baking Sheet, Garlic Press, Large Pot, Measuring Cups, Strainer, Paper Towels, Measuring Spoons, Parchment Paper

### Ingredients

	2 Person	4 Person
Salmon Fillets	285 g	570 g
Basil Pesto	¼ cup	½ cup
Green Beans	170 g	340 g
Israeli Couscous	¾ cup	½ cup
Cherry Tomatoes	113 g	227 g
Parsley	7 g	14 g
Garlic	3 g	6 g
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

### Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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### 1. COOK COUSCOUS

Add **couscous** to the pot with the **boiling water**. Cook, uncovered, stirring occasionally, until tender, 6-8 min. Drain and return the **pasta** to same pot.



### 4. COOK VEGGIES

While the **salmon** bakes, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then the **green beans** and **tomatoes**. Cook, stirring occasionally, until tender-crisp, 6-8 min. Season with **salt** and **pepper**. Add the **garlic**. Cook, stirring often, until fragrant, 1 min. Remove from heat. Set aside.



### 2. PREP

While the **couscous** cooks, cut **beans** in half. Halve the **tomatoes**. Roughly chop the **parsley**. Peel, then mince or grate the **garlic**. Pat the **salmon** dry with paper towels. Season with **salt** and **pepper**. Set aside on a parchment-lined baking sheet.



### 5. FINISH COUSCOUS

When the **couscous** is cooked, add the **couscous**, **half the parsley** and **remaining pesto** to the pan with the **veggies**. Stir to combine. Season with **salt** and **pepper**.



### 3. ROAST SALMON

Top **each piece of salmon** with **1 tbsp pesto**. Bake in **middle** of oven, until **salmon** is cooked through, 10-12 min.\*\*



### 6. FINISH AND SERVE

Divide the **veggie couscous** between plates. Top with the **pesto salmon**. Sprinkle over the **remaining parsley**.

## Dinner Solved!