



SALMON EN PAPILOTE

with Couscous Pilaf, Asparagus, and Tarragon Chive Sauce



HELLO

EN PAPILOTE

This classic technique involves wrapping fish in foil to lock in flavor and moisture.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 460**



Yellow Onion



Asparagus



Tarragon



Salmon
(Contains: Fish)



Lemon



Chives



Couscous
(Contains: Wheat)

START STRONG

This recipe is great on the grill, too. Simply place the wrapped salmon parcels and oiled and seasoned asparagus directly over a high flame and grill until cooked through.

BUST OUT

- Zester
- Small pot
- Aluminum foil
- Baking sheet
- Small bowl
- Olive oil (4 tsp | 8 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|----------------|---------------|
| • Yellow Onion | 1 2 |
| • Lemon | 1 2 |
| • Asparagus | 8 oz 16 oz |
| • Chives | ¼ oz ¼ oz |
| • Tarragon | ¼ oz ¼ oz |
| • Couscous | ½ Cup 1 Cup |
| • Salmon | 10 oz 20 oz |

HELLO WINE



PAIR WITH
Armitage California
Chenin Blanc, 2016

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 450 degrees. Halve, peel, and finely chop **onion**. Zest **lemon** until you have ½ tsp zest, then halve crosswise. Slice one half into thin rounds. Trim and discard bottom inch from **asparagus** stalks. Mince **chives**. Mince **tarragon** until you have 1 TBSP.



4 ROAST SALMON AND ASPARAGUS

Place packets with **salmon** on one side of a baking sheet. Toss **asparagus** with a drizzle of **olive oil** and a pinch of **salt** and **pepper** on other side of sheet. Roast in oven until salmon is cooked through and asparagus is tender, 10-12 minutes.

TIP: Be careful when unwrapping the cooked salmon—it may release steam.



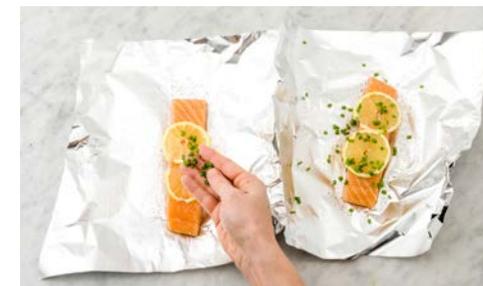
2 COOK COUSCOUS

Heat a drizzle of **olive oil** in a small pot over medium heat. Add **onion** and cook, tossing, until softened, 4-5 minutes. Add **1 cup water** and a large pinch of **salt**, then bring to a boil. Once boiling, add **couscous**. Cover, remove from heat, and let stand until rest of meal is ready.



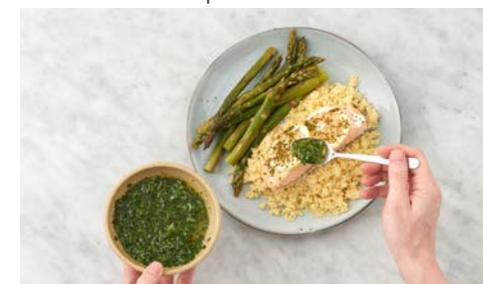
5 MAKE SAUCE

In a small bowl, combine **tarragon**, remaining **chives**, half the **zest**, and a large drizzle of **olive oil**. Season with **salt, pepper**, and a squeeze or two of **lemon** (to taste).



3 PREP SALMON

Tear off two sheets of aluminum foil, each large enough to wrap a salmon fillet. Lay a **salmon fillet** on each. Season all over with **salt** and **pepper**. Place two **lemon rounds** on top of each, then sprinkle with a small amount of **chives** (save some chives for the sauce). Fold over aluminum foil and crimp edges to seal into two packets.



6 FINISH AND PLATE

Fluff **couscous** with a fork and season with **salt, pepper**, and a pinch of remaining **zest**. Divide between plates along with **salmon** and **asparagus**. Drizzle with **sauce** and a squeeze of **lemon**. **TIP:** For a pretty presentation, leave the lemon rounds on the salmon—just remove them before eating.

THAT'S A WRAP!

The *en papillote* technique works with just about any fish fillet.

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