



# SALMON LIMONE

with Couscous, Italian Herbs & Zucchini Ribbon Salad



## HELLO LIMONE

Italian for "lemon," this versatile citrus adds brightness to savory salmon and couscous.

**PREP: 5 MIN** | **TOTAL: 20 MIN** | **CALORIES: 730**



Scallions



Israeli Couscous  
(Contains: Wheat)



Salmon  
(Contains: Fish)



Zucchini



Sour Cream  
(Contains: Milk)



Roma Tomato



Chicken Stock Concentrate



Italian Seasoning



Lemon

## START STRONG

Some quick tips to ensure crispy-skinned salmon success:

- 1) Take your fillets out of the fridge 15-20 minutes before you prep. Room temperature salmon = more even cooking.
- 2) Heat your oil until shimmering, then add the fillets and let them do their thing (no poking or moving around!). The salmon skin will naturally release from the pan when the fish is ready to flip.

## BUST OUT

- Medium pot
- Paper towels
- Large pan
- Peeler
- Zester
- Olive oil (5 tsp | 5 tsp)
- Butter (2 TBSP | 3 TBSP)  
(Contains: Milk)
- Medium bowl
- Small bowl
- Kosher salt
- Black pepper

## INGREDIENTS

Ingredient 2-person | 4-person

- Scallions 2 | 2
- Roma Tomato 1 | 2
- Israeli Couscous ½ Cup | 1 Cup
- Chicken Stock Concentrate 1 | 2
- Salmon\* 10 oz | 20 oz
- Italian Seasoning 1 tsp | 2 tsp
- Zucchini 1 | 2
- Lemon 1 | 2
- Sour Cream 2 TBSP | 4 TBSP

\* Salmon is fully cooked when internal temperature reaches 145 degrees.



## 1 PREP

Wash and dry all produce. Trim and thinly slice **scallions**, separating whites from greens. Dice **tomato**.



## 4 MAKE SALAD

Meanwhile, using a peeler, shave **zucchini** lengthwise into ribbons, rotating as you go, until you get to the seedy core; discard core. Zest and quarter **lemon**. In a medium bowl, combine **scallion greens**, **tomato**, and **zucchini ribbons**. Add a large drizzle of **olive oil** and juice from half the **lemon**. Season with **salt** and **pepper** and toss to combine.



## 2 COOK COUSCOUS

Melt **1 TBSP butter** (2 TBSP for 4 servings) in a medium pot over medium-high heat. Add **couscous**; cook, stirring occasionally, until lightly toasted, 2-3 minutes. Pour in **¾ cup water** (1½ cups for 4) and **stock concentrate**. 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. Cover pot and set aside.



## 5 MAKE CREMA & FINISH COUSCOUS

In a small bowl, combine **sour cream**, **¼ tsp lemon zest** (½ tsp for 4 servings), **salt**, and **pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Fluff **couscous** with a fork; stir in **scallion whites** and remaining lemon zest. Season with **salt** and **pepper**.



## 3 COOK FISH

While couscous cooks, pat **salmon** dry with paper towels. Season all over with **Italian Seasoning**, **salt**, and **pepper**. Heat **1 TBSP butter** and **1 TBSP olive oil** in a large, preferably nonstick, pan 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.



## 6 SERVE

Divide **couscous** between bowls or plates; top with **salmon** and **salad**. Drizzle **crema** over everything. Serve with remaining **lemon wedges** on the side.

## SUNNY BUSINESS

Lemon crema is also great on tacos, rice bowls, or anything that benefits from a bright twist.

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