



MEDITERRANEAN SALMON

with Creamy Dill Sauce, Green Beans, and Za'atar Couscous



HELLO ZA'ATAR
The herby Middle Eastern seasoning adds major aromatics.

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 600



Dill



Couscous
(Contains: Wheat)



Sour Cream
(Contains: Milk)



Za'atar



Lemon



Salmon
(Contains: Fish)



Green Beans

START STRONG

Press down gently with a spatula as the salmon cooks in the pan. This will ensure it gets the surface contact it needs for skin that's satisfyingly crisp.



BUST OUT

- Small pot
- Zester
- Large pan
- Small bowl
- Oil (2 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Medium bowl

INGREDIENTS

Ingredient 2-person | 4-person

- Dill ¼ oz | ½ oz
- Lemon 1 | 1
- Salmon 10 oz | 20 oz
- Couscous ½ Cup | 1 Cup
- Sour Cream 4 TBSP | 8 TBSP
- Green Beans 6 oz | 12 oz
- Za'atar 1 tsp | 2 tsp

HELLO WINE



PAIR WITH
Pique-Nique Pays d'Oc
Chardonnay, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP

Wash and dry all produce. Bring **1 cup water** and **1 TBSP butter** to a boil in a small pot. Pick fronds from **dill**. Finely chop a few fronds until you have 1 TBSP chopped dill; save remainder for garnish. Zest **lemon** until you have 1 tsp zest, then cut into wedges. Season **salmon** with **salt** and **pepper**.



4 WARM GREEN BEANS

Pierce **green bean bag** with a fork and place on a microwave-safe plate. Microwave on high for 3-4 minutes (or until green beans are tender). Carefully remove green beans from bag and transfer to a medium bowl along with **1 TBSP butter**. Toss to melt butter. Season with **salt** and **pepper**.

2 COOK COUSCOUS AND SALMON

Once water is boiling, add **couscous** and a large pinch of **salt** to pot. Cover and set aside off heat. Heat a large drizzle of **oil** in a large nonstick pan over medium-high heat. Add **salmon** to pan skin-side down. Cook until skin is crisp, 5-6 minutes. Flip and cook on other side to desired doneness, 2-4 minutes more.



5 SEASON COUSCOUS

Fluff **couscous** with a fork, then season with **salt** and **pepper**. Stir in remaining **lemon zest** and half the **za'atar**.

3 MAKE SAUCE

While salmon cooks, combine **sour cream**, **chopped dill**, half the **lemon zest**, and a squeeze or two of **lemon juice** in a small bowl. Season with **salt** and **pepper**.



6 PLATE AND SERVE

Divide **couscous** and **green beans** between plates, then arrange **salmon** on top of couscous. Drizzle **sauce** over salmon, then sprinkle with remaining **za'atar** and **dill** (to taste). Serve with **lemon wedges** on the side for squeezing over.

INCREDIBLE!

Za'atar's bold flavor will make anyone cuckoo for couscous.

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