



20-MIN MEAL

SALMON LIMONE

with Couscous, Italian Herbs, and Zucchini Ribbon Salad



HELLO LIMONE

Italian for “lemon,” it refers to the citrus flavor used throughout this dish.

PREP: 5 MIN | **TOTAL: 20 MIN** | **CALORIES: 710**



Scallions



Israeli Couscous
(Contains: Wheat)



Salmon
(Contains: Fish)



Zucchini



Sour Cream
(Contains: Milk)



Roma Tomato



Chicken Stock Concentrate



Italian Seasoning



Lemon

START STRONG

Press down gently with a spatula while the salmon cooks in the pan. This will increase surface contact, giving you skin that's delectably crisp.

BUST OUT

- Medium pot
- Paper towels
- Medium pan
- Peeler
- Zester
- Olive oil (5 tsp | 10 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Medium bowl
- Small bowl

INGREDIENTS

Ingredient 2-person | 4-person

- Scallions 2 | 4
- 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.

WINE CLUB

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1 PREP

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



4 TOSS VEGGIES

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



2 COOK COUSCOUS

Melt **1 TBSP butter** in a medium pot over medium-high heat. Add **couscous** and cook, stirring occasionally, until lightly toasted, 2-3 minutes. Pour in **1 cup water** and **stock concentrate**, then bring to a boil. Lower heat slightly and let simmer until al dente, 7-9 minutes. Cover pot and set aside.



5 SEASON COUSCOUS

Fluff **couscous** with a fork, then stir in **scallion whites**. Set aside ¼ tsp **lemon zest**; add remaining zest to couscous. Season with **salt** and **pepper**. Divide couscous between bowls or plates.



3 COOK SALMON

Rinse **salmon** and pat dry with paper towels. Season all over with **salt**, **pepper**, and **Italian Seasoning**. Heat **1 TBSP butter** and **1 TBSP olive oil** in a medium pan over medium-high heat (use a nonstick pan if you have one). Add salmon and cook, skin sides down, until crisp, 3-4 minutes. Flip and cook on other side until opaque, about 3 minutes more.



6 MAKE CREMA AND SERVE

Top **couscous** with **salmon**. Spoon **veggies** over. In a small bowl, combine reserved **lemon zest**, **sour cream**, **salt**, and **pepper**; add a splash or two of water, as needed, to give mixture a loose drizzling consistency. Drizzle crema over everything. Serve with **lemon wedges** on the side for squeezing over.

BEST OF THE ZEST

Tangy lemon crema adds a cool final touch to your final dish

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