



## Roasted Salmon & Broccoli

with Jalapeño-Cilantro Dressing



40 minutes



2 Servings

Roasting broccoli on a rimmed baking sheet, as opposed to boiling or steaming, intensifies its genuine flavor rather than watering it down. And what could be more simple than roasting salmon on that very same sheet? Quick pickled jalapeños, fresh cilantro, and salty capers transform into a vibrant dressing for couscous. You'll want to drizzle this sauce onto everything. Cook, relax, and enjoy!



### What we send

- 4.25oz whole wheat couscous <sup>1</sup>
- 12oz salmon fillets
- 0.4oz caoers
- 0.5oz fresh cilantro
- 1.7oz rice vinegar
- 1oz jalapeño
- 12oz broccoli

### What you need

- olive oil
- coarse salt
- freshly ground black pepper

### Utensils

- small saucepan
- rimmed baking sheet

Don't forget to rinse and dry all produce before using!

### Allergens

gluten (1). May contain traces of other allergens.

### Nutrition per serving

Calories 700kcal, Fat 34.0g, Proteins 46.6g, Carbs 47.0g



#### 1. Roast broccoli

Preheat oven to 400°F. Cut broccoli through the stem into spears. Toss with 1 tablespoon oil on a rimmed baking sheet and season with salt and pepper. Roast, tossing halfway through, until crisp-tender, 10-12 minutes.



#### 4. Roast salmon

Rub salmon with 1 teaspoon oil and season with salt and pepper. Remove baking sheet from the oven and move broccoli aside to make room for salmon. Add salmon to the sheet and roast until cooked through and opaque, 10-12 minutes.



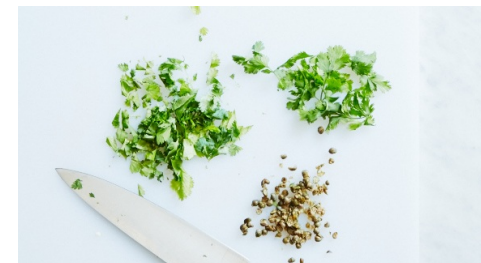
#### 2. Pickle jalapeño

Meanwhile, finely slice jalapeño. Combine jalapeño, rice vinegar, and a pinch of salt in a small bowl and stir to combine. Set aside to pickle.



#### 5. Make couscous

Meanwhile, bring 1 cup water in a small saucepan to a boil. Remove from heat, add couscous and a pinch of salt, stir to combine, and cover for 5 minutes. Keep covered until ready to serve, then fluff with a fork.



#### 3. Prep ingredients

Pick cilantro leaves and tender stems from sprigs. Reserve a few for garnish and finely chop the rest. Roughly chop capers.



#### 6. Make dressing and serve

Add chopped cilantro and capers to pickled jalapeño. Whisk in 3 tablespoons oil and season to taste with salt and pepper. Serve salmon and broccoli alongside couscous and drizzle all with dressing. Enjoy!