



20-Min: Salmon with Creamy Tomato Sauce

& Couscous-Spinach Pilaf



ca. 20min



2 Servings

A restaurant-worthy salmon dish in 20-minutes? It's possible with the help of fresh, flavorful ingredients! We zhuzh up tomato sauce with sun-dried tomatoes, Parmesan, and fresh oregano. The complex sauce complements rich salmon filets, and an Israeli couscous-spinach pilaf is the perfect side to soak it all up. This luxurious meal is ready to impress.

What we send

- 6 oz Israeli couscous ¹
- ¼ oz fresh oregano
- garlic
- 10 oz pkg salmon fillets ⁴
- ¾ oz Parmesan ⁷
- 8 oz can tomato sauce
- 1 oz sun-dried tomatoes ¹⁷
- 1 oz cream cheese ⁷
- 3 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷
- sugar

Tools

- medium saucepan
- medium nonstick skillet
- microplane or grater

Allergens

Wheat (1), Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 940kcal, Fat 46g, Carbs 83g, Proteins 48g



1. Cook couscous

Heat **2 teaspoons oil** in a medium saucepan over medium-high. Add **couscous** and cook, stirring, until golden brown, 3-4 minutes. Stir in **1½ cups water** and **1 teaspoon salt**. Cover and bring to a boil. Reduce heat to low; cook until couscous is al dente and water is evaporated, 10-12 minutes. Cover to keep warm.



4. Build sauce

To skillet, add **garlic** and **1 tablespoon butter**; cook, stirring, until fragrant. Add **tomato sauce** and **¼ cup water**; bring to a simmer. Reduce heat to medium-low. Add **sun-dried tomatoes, cream cheese, half of the Parmesan, ¾ teaspoon oregano**, and **¼ teaspoon sugar**. Cook, stirring, until cheese melts. Season to taste with **salt** and **pepper**. Return **salmon** to skillet.



2. Prep herbs & garlic

Pick and finely chop **1 teaspoon oregano leaves**; discard stems. Finely chop **2 teaspoons garlic**.



5. Finish pilaf

Lay **spinach** on top of **couscous** and cover; allow to wilt, about 2 minutes. Fluff with a fork and mix to evenly distribute spinach.



3. Sear salmon & grate Parm

Pat **salmon** very dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in medium nonstick skillet over medium-high. Add salmon and cook until well browned, 2-3 minutes per side. Transfer to plate.

Finely grate the **Parmesan**.



6. Finish & serve

Spoon **pilaf** onto plates. Serve **salmon** alongside with **tomato sauce** spooned over the top. Garnish with **remaining Parmesan**. Enjoy!