



# SPICY HARISSA HONEY-GLAZED SALMON

*turmeric-roasted carrots, couscous with peas & schug sauce*

**COOK TIME**  
35 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
890

**MENU**  
MEDITERRANEAN

Tonight's flaky fish dish is infused with a range of Mediterranean flavors. First, there's toasted pearl couscous mixed with peas, radishes, onions, ginger, and herby schug sauce for a colorful base. On top of the couscous, you'll layer turmeric-roasted carrots and luscious harissa-spiced salmon. A honey glaze with a sprinkle of crushed red pepper flakes finishes off the savory-meets-sweet-meets-spicy meal.

## INGREDIENTS (11 ITEMS)

- ½ cup **Toasted pearl couscous** W
- 2 whole **Carrots**
- 2 oz **Radishes**
- ¼ tsp **Turmeric**
- 2 oz & ¼ oz **Yellow onions & ginger**
- 2½ oz **Peas**
- 2 (5 oz) **Salmon fillets\*** F
- 1 tsp **Smoky harissa & ginger blend**
- 2¼ oz **Schug sauce**
- ½ oz **Honey**
- ½ tsp **Crushed red pepper flakes**

## WHAT YOU'LL NEED

- medium pot
- medium sauté pan
- medium nonstick sauté pan
- baking sheet
- medium bowl
- measuring spoons
- fine-mesh strainer
- peeler
- thermometer
- oven mitt
- cooking & olive oils
- 1 tbsp butter M
- salt & pepper

## ALLERGENS

- W WHEAT
- F FISH (salmon)
- M MILK

\*Salmon is fully cooked when internal temperature reaches 145 degrees and it easily flakes with a fork.

Wash and dry fresh produce. Wash hands and surfaces after handling raw fish. Consuming raw or undercooked fish may increase your risk of foodborne illness. Go to [greenchef.com/faq](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.



## 1 COOK COUSCOUS

- Preheat oven to 425 degrees.
- Bring a medium pot of lightly salted water to a boil. Once boiling, stir in **toasted pearl couscous**. Cook 7-9 minutes, or until al dente, stirring occasionally.
- Strain **couscous** with a fine-mesh strainer; shake off excess water. Return to pot. Drizzle with 1 teaspoon olive oil. Stir to coat. (You'll finish the couscous in Step 6.)

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 PREP

- Trim and peel **carrots**. Halve lengthwise. Lay flat and slice at an angle into pieces, about ¼ inch thick.
- Trim ends from **radishes**. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.

## 3 ROAST CARROTS

- Place **carrots** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Season with **turmeric**, salt, and pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until fork-tender, stirring halfway through.

## 4 SAUTÉ VEGGIES

- Heat 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **radishes** and **yellow onions and ginger** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, until lightly browned, stirring occasionally.
- Add **peas**. Cook 1-2 minutes, or until peas are warmed through and radishes are tender, stirring occasionally.

## 5 COOK SALMON

- Pat **salmon fillets** dry with paper towels. Season with **smoky harissa and ginger blend\***, salt, and pepper.
- Heat 2 teaspoons cooking oil in a medium nonstick pan over medium heat. Add **salmon**, skin sides up, to hot pan. Cook 5-6 minutes per side, or until fully cooked.
- Transfer **salmon** to a plate. (Reserve pan.)

*\*If heat sensitive, use smoky harissa and ginger blend sparingly.*

## 6 FINISH COUSCOUS

- Add **sautéed veggies** and **schug sauce** to pot with **couscous**. Stir to combine. Season with salt and pepper to taste.

## 7 MAKE HONEY GLAZE

- Return pan used for salmon to stovetop over medium heat. Add **honey**, 1 tablespoon butter, about 1 tablespoon water, and **crushed red pepper flakes\*** to taste. Lightly season with salt. Cook 1-2 minutes, or until butter has melted and sauce has slightly thickened, stirring occasionally. Remove from heat.

*\*If heat sensitive, omit or use crushed red pepper flakes sparingly.*

## 8 PLATE YOUR DISH

- Divide **couscous with peas and schug sauce** between plates. Top with **harissa salmon**. Drizzle with **spicy honey glaze**. Serve **turmeric-roasted carrots** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (445g)

Amount per serving

**Calories** **890**

	% Daily Value*
<b>Total Fat</b> 57g	73%
Saturated Fat 10g	50%
Trans Fat 0g	
<b>Cholesterol</b> 90mg	30%
<b>Sodium</b> 640mg	28%
<b>Total Carbohydrate</b> 56g	20%
Dietary Fiber 7g	25%
Total Sugars 16g	
Includes 1g Added Sugars	2%
<b>Protein</b> 39g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 3mg	15%
Potassium 573mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Salmon** [salmon], **Smoky Harissa & Ginger Blend** (Harissa Seasoning [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], Dried Ginger, Smoked Paprika), **Honey** [honey], **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Radishes**, **Peas** [peas], **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Carrots**, **Turmeric**, **Schug** (Cilantro, Parsley, Sunflower Oil [high oleic sunflower oil], Granulated Garlic, Lemon Juice [lemon], Ground Coriander, Ground Cumin, Ground Cardamom, Sea Salt, Black Pepper, Water, Agave [organic agave syrup], Crushed Red Pepper Flakes), **Crushed Red Pepper Flakes**, **Yellow Onions**

### Allergen information:

Contains Wheat And Fish

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*