

Mediterranean Lemon Chai Salmon with Pearl Couscous

Back by popular demand, Meez's signature lemon chai dressing brings a sunny flavor to seared salmon. Served up with tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Dish or
Plate
Large Skillet

FROM YOUR PANTRY

½ Cup of Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Couscous
Salmon
Broccoli
Lemon Chai Sauce
Feta Cheese

Make The Meal Your Own

If you're making the **carb conscious version** we sent you cauliflower "rice" instead of couscous, reducing the **carbs per serving to 31g**. Skip Steps 1 and 2. Prior to Step 3, heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the cauliflower and sauté until brown, 3 to 4 minutes. Serve in place of the couscous.

If you ordered the **gluten-free version**, we've sent you quinoa. Bring 2 ½ cups of water to a boil, and then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff and let sit covered for 5 minutes.

Good To Know

If you want to test the doneness of the salmon, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

Health snapshot per serving – 940 Calories, 46g Fat, 53g Protein, 80g Carbs, 24 Freestyle Points

Lightened up snapshot - 660 Calories, 30g Fat, 51g Carbs,
14 Freestyle Points by using 1/2 of the couscous
AND ½ the sauce.

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to view YouTube
cooking video**



INGREDIENTS: Broccoli, Salmon, Couscous, Grape Tomatoes, Feta Cheese, Vegetable Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure each fillet is covered.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat and let sit for 5 minutes. Remove from the pan and set aside.

4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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Any kind of flour will work here: all-purpose, rice flour, even tapioca flour. Use your favorite.

If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.