

# 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 grape 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** (lowering carbs/serving to 36g) or 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.

**Leftovers Tip** – Serve your leftovers over lettuce for a light next-day lunch.

## 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** – 790 Calories, 50g Fat, 47g Protein, 45g Carbs, 15 Freestyle Points

**Lightened up snapshot** - 635 Calories, 34g Fat, 41g Carbs, 10 Smart Points by using ½ the sauce.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

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

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### 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.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

*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.*