

Za'atar-Spiced Salmon

with Mediterranean Couscous & Greek Yogurt

WW™ APPROVED
DIABETES FRIENDLY
CARB CONSCIOUS
MEDITERRANEAN

🕒 30-40 MINS | 4 SERVINGS

The bold flavor of herbs star two ways in this dish: the rich earthiness of thyme and oregano in za'atar (a classic Middle Eastern seasoning blend) lends vibrancy to flaky salmon, while our parsley-based salsa verde deliciously brings together the bed of tender couscous and kale beneath. It's all perfectly finished by a dollop of tangy yogurt.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Wine is not included in SmartPoints®

WW | 16 10 10 SmartPoints® value per serving



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Ingredients



4
SKIN-ON
SALMON FILLETS



1/2 cup
YELLOW
COUSCOUS



2 oz
SLICED ROASTED
RED PEPPERS



1/3 cup
SALSA VERDE



1/2 cup
PLAIN NONFAT
GREEK YOGURT



2 oz
DRIED MEDJOO
DATES



1 bunch
KALE



2 cloves
GARLIC



1 Tbsp
ZA'ATAR
SEASONING*

*Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.

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To make this recipe diabetes friendly and meet the ADA nutrition guidelines for sodium, it is recommended that no additional salt be added to this recipe when prepared. This recipe is 470mg sodium per serving as packaged.

1 Prepare the ingredients:

- Wash and dry the **kale**; separate the leaves from the stems. Discard the stems and roughly chop the leaves.
- Pit and roughly chop the **dates**.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peppers**.



2 Cook the couscous:

- In a medium pot, combine the **couscous, chopped dates, and 1 cup of water**; season with salt and pepper. Heat to boiling on high.
- Once boiling, turn off the heat. Cover and let stand 6 to 8 minutes, or until the water has been absorbed and the couscous is tender. Fluff with a fork.
- Drizzle with **2 teaspoons of olive oil**; taste, then season with salt and pepper if desired. Cover to keep warm.



3 Cook & dress the kale:

- Meanwhile, in a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until the kale is slightly wilted.
- Add **½ cup of water** (carefully, as the liquid may splatter). Season with salt and pepper. Cook, without stirring, 3 to 4 minutes, or until the kale is wilted and the water has cooked off.
- Transfer to a large bowl. Stir in the **salsa verde** and **chopped peppers**. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



4 Cook the fish:

- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and enough of the **za'atar** to coat (you may have extra).
- In the same pan, heat **2 teaspoons of olive oil** on medium until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes on the first side, or until lightly browned. Flip and cook 1 to 2 minutes, or until browned and cooked through.**
- Turn off the heat.



5 Finish the couscous & serve your dish:

- Meanwhile, to the bowl of **dressed kale**, add the **cooked couscous**. Drizzle with **1 teaspoon of olive oil** and season with salt and pepper. Stir to combine. Taste, then season with salt and pepper if desired.
- Season the **yogurt** with salt and pepper.
- Serve the **cooked fish** over the **finished couscous**. Top the fish with the **seasoned yogurt**. Enjoy!

**An instant-read thermometer should register 145°F.

NUTRITION PER SERVING (AS PREPARED)* Calories: 630, Total Carbohydrates: 35g, Dietary Fiber: 5g, Added Sugar: 0g, Total Fat: 39g, Saturated Fat: 7g, Protein: 37g, Sodium: 1140mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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