



# Lemon and Herb Salmon

with jewelled bulgur and charred courgette

Calorie Smart 40-45 mins • Eat me first

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Salmon



Onion



Lemon



Courgette



Cherry Tomatoes



Parsley



Vegetable Stock



Bulgur Wheat

Pantry Items: Oil, Salt, Pepper, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Pot with lid, zester

## Ingredients

	2P	4P
Salmon	200 g	400 g
Onion	½ unit	1 unit
Lemon	½ unit	1 unit
Courgette	1 unit	2 units
Cherry Tomatoes	125 g	250 g
Parsley	5 g	10 g
Vegetable Stock	1 sachet	2 sachets
Bulgur Wheat	120 g	240 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	389.5 g	100 g
Energy (kJ/kcal)	2008.3 kJ/ 480 kcal	515.6 kJ/ 123.2 kcal
Fat (g)	16.6 g	4.3 g
Sat. Fat (g)	3 g	0.8 g
Carbohydrate (g)	58.4 g	15 g
Sugars (g)	6.3 g	1.6 g
Protein (g)	31.1 g	8 g
Salt (g)	1.3 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

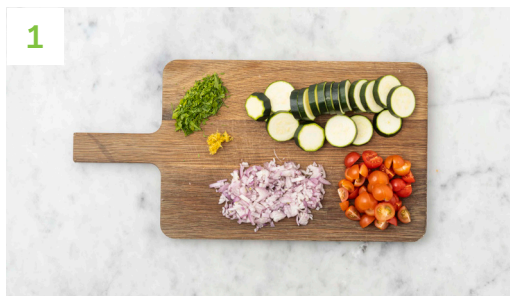
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## Get Prepped

- Halve and peel the **onion**. Chop **half** (double for 4p) into small pieces.
  - Zest **half** the **lemon** (double for 4p). Cut in **half**. Roughly chop the **parsley** (stalks and all).
  - Trim the **courgette** and slice into 1cm rounds. Quarter the **tomatoes**.
  - In a large bowl, mix the **lemon** zest, **salt**, **pepper** and 1 tbsp **oil** (double for 4p).
  - Add the **salmon**. Turn to coat and set aside.
- IMPORTANT:** Wash hands and equipment after handling raw fish.



## Fry the Fish

- Return the (now empty) pan to high heat.
- Once hot, carefully place your **salmon** into the pan, skin-side down.
- Spoon over any **oil** remaining in the bowl.
- Cook skin-side down for 4-5 mins then turn over and cook for 3-4 mins on the other side. **IMPORTANT:** Fish is cooked when opaque in the middle.

**TIP:** To make the fish more crispy, don't move it around when it's cooking skin-side down.



## Cook the Bulgur

- Place a pot over medium heat with a drizzle of **oil**.
- Once hot, add the chopped **onion** and cook, stirring, until softened, 3-4 mins.
- Add 240ml **water** (double for 4p), stir in the **stock powder** and bring to the boil.
- Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.
- Cover the pot and remove from the heat. Leave aside for 12-15 mins or until ready to serve.



## Finishing Touches

- Meanwhile, to a small bowl add 1½ tbsp **oil** (double for 4p), a squeeze of **lemon** juice and **half** the **parsley**.
- Season with **salt** and **pepper**. Mix well and set aside.
- Fluff up the **bulgur** with a fork.
- Stir through the **tomatoes**, chopped **courgette**, remaining **parsley** and a small squeeze of **lemon** juice.



## Char the Courgette

- Meanwhile, place a large pan over medium-high heat (no oil).
- When hot, add the **courgette** and cook until charred, 3-4 mins. Turn only every so often—this will allow the **courgette** to pick up a nice colour.
- Once cooked, season with **salt** and **pepper**.
- Transfer **half** the charred **courgette** to a bowl and cover to keep warm.
- Chop the remaining **courgette** into small pieces and set aside.



## Serve and Enjoy

- Share the jewelled **bulgur** between bowls or deep plates, then top with the charred **courgette** rounds and crispy **salmon**.
- Taste and season with **salt**, **pepper** and more **lemon** juice if needed.
- Drizzle over the herby dressing to finish.

Enjoy!