

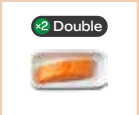


Cal Smart Roasted Salmon

with Veggie Bulgur and Lemon Aioli

Smart Meal

20 Minutes



Salmon Fillets, skin-on
500 g | 1000 g

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Salmon Fillets, skin-on
250 g | 500 g
- Zesty Garlic Blend
1 tbsp | 1 tbsp
- Bulgur Wheat
½ cup | 1 cup
- Vegetable Broth Concentrate
1 | 2
- Sweet Bell Pepper
1 | 2
- Zucchini
1 | 2
- Lemon
1 | 2
- Garlic, cloves
1 | 2
- Mayonnaise
2 tbsp | 4 tbsp
- Parsley
7 g | 7 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, pepper, oil, salt

Cooking utensils | Aluminum foil, baking sheet, measuring cups, measuring spoons, medium pot, paper towels, small bowl, zester

1



Cook red pepper bulgur

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- **Garlic Guide for Step 4 and 5:**
 - Mild: 1/8 tsp (1/4 tsp)
 - Medium: 1/4 tsp (1/2 tsp)
 - Extra: 1/2 tsp (1 tsp)

- Core, then cut **pepper** into 1/4-inch pieces.
- Heat a medium pot over medium heat.
- When hot, add 1/2 **tbsp** (1 **tbsp**) **oil**, then **red peppers**. Cook stirring often until tender crisp 2-3 min.
- Add **bulgur**, **broth concentrate** and 2/3 **cup** (1 1/2 **cup**) **water**.
- Cover and bring to a boil over high heat.
- Once boiling, cover and remove from heat.
- Let stand until **bulgur** is tender and liquid is absorbed, 16-18 min. Fluff with a fork.

4



Prep and make lemon aioli

- Meanwhile, peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **mayo**, **lemon zest**, 1/8 **tsp** (1/4 **tsp**) **sugar**, **1 tsp** (2 **tsp**) **lemon juice** and 1/4 **tsp** (1/2 **tsp**) **garlic** to a small bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

2



Prep zucchini and salmon

*2 Double | **Salmon Fillets, skin-on**

- Meanwhile, halve **zucchini** lengthwise, then cut into 1/4-inch half-moons.
- Add **zucchini** and 1/2 **tbsp oil** to one side of a foil-lined baking sheet. (**NOTE:** For 4 ppl, divide zucchini between 2 baking sheets, using 1/2 **tbsp oil** per sheet.)
- Season with **salt** and **pepper**, then toss to coat.
- Pat **salmon** dry with paper towels.
- Season with **pepper** and **half the Zesty Garlic Spice Blend** (use all for 4 ppl).

5



Finish bulgur

- Add **zucchini**, **half the parsley** and **remaining garlic** to the pot with **bulgur** and **peppers**. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

3



Broil salmon and zucchini

- Arrange **salmon** on the other side of the baking sheet with **zucchini**, skin-side down. (**NOTE:** For 4 ppl, divide salmon between both baking sheets.)
- Broil in the **middle** of the oven until **zucchini** is tender and **salmon** is golden and cooked through, 8-10 min. ** (**NOTE:** For 4 ppl, broil in the middle and bottom of the oven, rotating sheets halfway through.)

6



Finish and serve

- Remove skin from **salmon**, if desired.
- Divide **bulgur** between plates. Arrange **salmon** on top. Dollop with **lemon aioli**.
- Sprinkle with **remaining parsley**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Prep zucchini and salmon

*2 Double | **Salmon Fillets, skin-on**

If you've opted for **double salmon**, cook it in the same way the recipe instructs you to cook the **regular portion of salmon**.