



Cal Smart Roasted Salmon

with Veggie Bulgur and Lemon Aioli

Calorie Smart

Quick

25 Minutes



Salmon Fillets, skin-on



Seasoned Salt



Bulgur Wheat



Vegetable Broth Concentrate



Roasted Red Peppers



Zucchini



Lemon



Garlic, cloves



Mayonnaise



Parsley



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HELLO BULGUR

A staple in Middle Eastern cuisine, bulgur has a deliciously light and nutty flavour!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Garlic Guide for Steps 4 and 5 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Extra: ½ tsp

Bust out

Baking sheet, measuring spoons, silicone brush, strainer, zester, medium pot, parchment paper, small bowl, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Seasoned Salt	¼ tbsp	½ tbsp
Bulgur Wheat	½ cup	1 cup
Vegetable Broth Concentrate	1	2
Roasted Red Peppers	170 ml	340 ml
Zucchini	200 g	400 g
Lemon	1	2
Garlic, cloves	1	2
Mayonnaise	2 tbsp	4 tbsp
Parsley	7 g	7 g
Sugar*	¼ tsp	¼ tsp
Oil*		

Salt and Pepper*

* Pantry items

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

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.

Contact

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Cook bulgur

- Using a strainer, drain **roasted red peppers**, reserving **liquid**. Roughly chop **peppers**.
- Add **enough water to reserved pepper liquid** to make **⅓ cup pepper-water liquid** to make **⅓ cup pepper-water liquid** combined (dbl for 4 ppl). Add **peppers, pepper-water, broth concentrate** and **¼ tsp salt** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min. Fluff with a fork.



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**, **¼ tsp sugar**, **1 tsp lemon juice** (dbl both for 4 ppl) and **¼ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, to taste, then stir to combine.



Prep zucchini and salmon

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Add **zucchini** and **½ tbsp oil** to one side of a parchment-lined baking sheet. (**NOTE:** For 4 ppl, divide zucchini between 2 baking sheets, using ½ 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 seasoned salt** (use all for 4 ppl).



Finish bulgur

- Add **zucchini**, **half the parsley**, **½ tbsp oil** (dbl for 4 ppl) and **remaining garlic** to the pot with **bulgur and peppers**. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, to taste, then stir to combine.



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.)
- Drizzle with **½ tbsp oil** (dbl for 4 ppl), then brush to coat.
- 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.)



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.

Dinner Solved!