

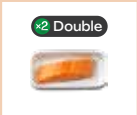


Cal Smart Roasted Salmon

with Veggie Bulgur and Lemon Aioli

Calorie Smart

20-min



↗ Custom Recipe + 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
500 g | 1000 g



- Salmon Fillets, skin-on
250 g | 500 g
- Zesty Garlic Blend
1/2 tbsp | 1 tbsp
- Bulgur Wheat
1/2 cup | 1 cup
- Vegetable Broth Concentrate
1 | 2
- Roasted Peppers
170 ml | 340 ml
- 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.

1



Cook bulgur

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- **Garlic Guide for Steps 4 and 5:**
 - Mild: ¼ tsp (¼ tsp)
 - Medium: ½ tsp (½ tsp)
 - Extra: 1 tsp (1 tsp)

- Using a strainer, drain **roasted red peppers**, reserving **liquid**. Roughly chop.
- Add **enough water** to **reserved pepper liquid** to make ¾ cup (1 ⅓ cups) **combined liquid**.
- Add **peppers, pepper liquid mixture, broth concentrate** and ¼ tsp (½ tsp) **salt** to a medium pot.
- Cover and bring to a boil over high heat. Once boiling, add **bulgur**.
- Stir to combine. Cover and remove from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min. Fluff with a fork.

2



Prep zucchini and salmon

×2 Double | Salmon

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Add **zucchini** and ½ **tbsp oil** to one side of a foil-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 Zesty Garlic Blend** (use all for 4 ppl).

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.)
- Drizzle with ½ **tbsp** (1 **tbsp**) **oil**, 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.)

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, ¼ tsp** (¼ **tsp**) **sugar, 1 tsp** (2 **tsp**) **lemon juice** and ¼ **tsp** (½ **tsp**) **garlic** to a small bowl. **(NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

5



Finish bulgur

- Add **zucchini, half the parsley, ½ tbsp** (1 **tbsp**) **oil** and **remaining garlic** to the pot with **bulgur** and **peppers**. **(NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

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.

2 | Prep zucchini and salmon

×2 Double | Salmon

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

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

