



Middle Eastern-Inspired Salmon Bulgur Bowls

with Lemon-Garlic Dressing

20-min



-  Salmon Fillets, skin-on
-  Bulgur Wheat
-  Corn Kernels
-  Lemon
-  Mayonnaise
-  Garlic Puree
-  Parsley
-  Shawarma Spice Blend
-  Baby Heirloom Tomatoes
-  Vegetable Broth Concentrate

HELLO SHAWARMA SPICE BLEND

Our Shawarma Spice Blend is a robust mix of dried mint, paprika, cinnamon, garlic, cumin and cloves!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Bulgur Wheat	½ cup	1 cup
Corn Kernels	113 g	227 g
Lemon	1	1
Mayonnaise	2 tbsp	4 tbsp
Garlic Puree	1 tbsp	2 tbsp
Parsley	7 g	14 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Baby Heirloom Tomatoes	113 g	227 g
Vegetable Broth Concentrate	1	2
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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1 Cook bulgur and prep salmon

- Add **broth concentrate**, **¾ cup** (1 ¼ cups) **water** and **½ tsp** (1 tsp) **salt** 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, 15-16 min.
- Meanwhile, pat **salmon** dry with paper towels.
- Sprinkle with **remaining Shawarma Spice Blend**, then season with **salt** and **pepper**.



4 Make lemon-garlic dressing

- Meanwhile, roughly chop **parsley**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Add **mayo**, **lemon zest**, **garlic puree** and **½ tbsp** (1 tbsp) **lemon juice** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



2 Broil veggies

- Add **tomatoes**, **corn**, **1 tsp** (2 tsp) **Shawarma Spice Blend** and **1 tsp** (2 tsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Broil in the **middle** of the oven, stirring halfway through, until golden, 5-6 min.



5 Finish bulgur

- Fluff **bulgur** with a fork and season with **salt** and **pepper**.
- Stir in **broiled veggies** and **half the parsley**.



3 Cook salmon

- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **salmon**, skin-side down. Cook until golden-brown and cooked through, 3-4 min per side.**



6 Finish and serve

- Divide **bulgur** between plates, then top with **salmon**.
- Dollop **lemon-garlic dressing** over top and sprinkle with **remaining parsley**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!