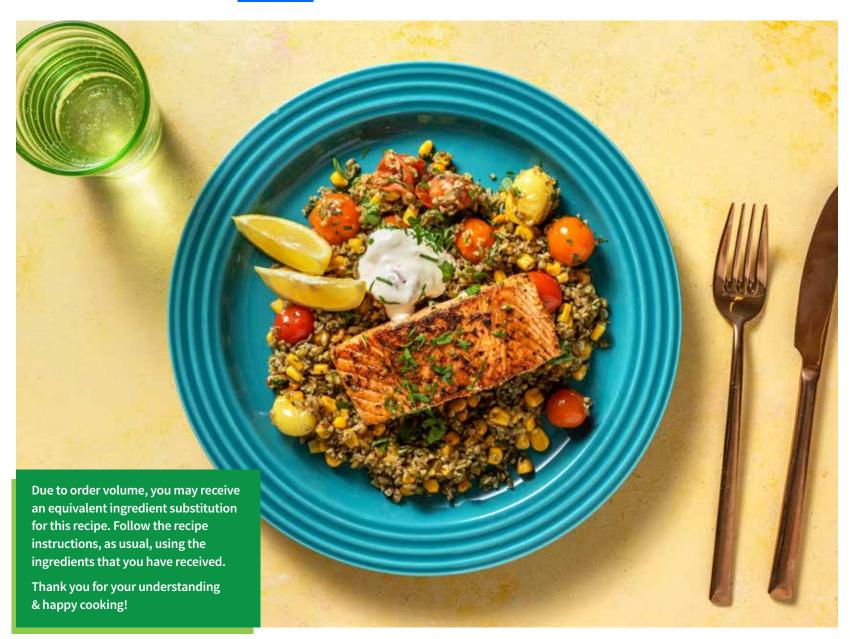


Middle Eastern-Spiced Salmon Freekeh Bowl

with Lemon Garlic Dressing

20-min







Salmon Fillets, skinless









Corn Kernels

Lemon











Shawarma Spice Blend





Multicoloured Tomatoes

Vegetable Broth Concentrate

Start here

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

Bust Out

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

Ingredients

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	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Freekeh	½ cup	1 cup
Corn Kernels	113 g	227 g
Lemon	1	2
Mayonnaise	2 tbsp	4 tbsp
Garlic	3 g	6 g
Parsley	7 g	14 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Multicoloured 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 our meal kit labels for the most current allergen information.

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



BROIL VEGGIES

Bring 2 cups water (dbl for 4ppl) and broth concentrate to a boil over high heat in a medium pot. Meanwhile, toss together tomatoes, corn, half the Shawarma Spice Blend and 1 tsp oil (dbl for 4ppl) on a baking sheet. Season with salt and pepper. Broil in the middle of the oven, stirring halfway through cooking, until golden, 7-8 min.



COOK FREEKEH

While **veggies** broil, add **freekeh** to the pot with **broth**. Reduce heat to medium-high. Cover and cook, until **freekeh** is tender and **liquid** is absorbed, 15-17 min. Meanwhile, pat **salmon** dry with paper towels. Sprinkle with **remaining Shawarma Spice Blend**, then season with **salt** and **pepper**.



COOK SALMON

Heat a large non-stick pan over medium heat. When hot, add ½ **tbsp oil** (dbl for 4ppl), then **salmon**. Cook, until golden-brown and cooked through, 4-5 min per side.**



MAKE DRESSING

While salmon cooks, roughly chop parsley. Zest, then juice half the lemon. Cut remaining lemon into wedges. Peel, then mince or grate garlic. Stir together mayo, lemon zest, ¼ tsp garlic and ½ tbsp lemon juice (dbl both for 4ppl) in a small bowl. Season with salt and pepper.



FINISH FREEKEH

When **freekeh** is tender, remove the pot from heat. Drain **excess water** and return to the same pot. Stir in **broiled veggies** and **half the parsley**. Season with **salt** and **pepper**.



FINISH AND SERVE

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

Dinner Solved!

Contact

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