



GRILLED COLEY

With Courgette and Cannellini Bean Salad



NUTRITIONIST APPROVED



HELLO COURGETTE

Courgettes are considered to be high in potassium. Potassium contributes to maintaining a regular blood pressure.



Bulgur Wheat



Ground Cumin



Courgette



Red Onion



Lemon



Coley Fillets



Spring Onion



Mint



Cucumber



Cannellini Beans

MEAL BAG

30 mins

2.5 of your 5 a day

Low in salt

Balanced

Under 550 calories

Low in sat fat

Coley is a great tasting white fish with a similar meaty texture to cod making it a versatile ingredient to use in fresh recipes like this one. Its flaky texture works brilliantly with the courgette and cannellini bean salad, the freshness of the cucumber and the nutty bulgar wheat.

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BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Fine Grater**, some **Foil**, a **Baking Tray, Sieve** and **Large Frying Pan**. Now, let's get cooking!



1 COOK THE BULGUR WHEAT
Preheat your oven to 200°C. Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. Stir in the **bulgur wheat** and the **ground cumin**. Bring back up to the boil, pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



2 CHOP CHOP!
Meanwhile, trim the **courgette** then slice into rounds about 1cm thick. Halve and peel the **onion**. Cut each half into 4 four wedges and separate the layers. Zest and halve the **lemon**.



3 PREP THE FISH
Line a baking tray with foil. Pop the **coley** onto the foil and sprinkle over **half** the **lemon zest** and add a small squeeze of **lemon**. Pop the **red onion** next to the **fish**. Drizzle a little **oil** and sprinkling some **salt** and **pepper** over both the **fish** and the **onion**. Rub to coat everything evenly in the **oil** and **seasoning**.
! IMPORTANT: Remember to wash your hands and equipment after handling raw fish.



4 COOK THE FISH
Pop the tray on the top shelf of your oven and bake until the **onion** is soft and slightly charred and the **fish** is cooked, 10-12 mins.
! IMPORTANT: The fish is cooked when **opaque in the middle!** Meanwhile, trim the **spring onions** then slice thinly. Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Drain and rinse the **cannellini beans** in a sieve.



5 CHAR THE COURGETTE
Heat a large frying pan over medium-high heat (no oil). When hot, add the **courgette** slices and cook until charred, turning occasionally, 7-8 mins. You may need to do this in batches! When ready remove from the heat. In a small bowl, mix together **half** the **mint**, the **juice** from **half** the **lemon** and the **olive oil** (see ingredients for amount). Season with a pinch of **salt** and **pepper**. This is your drizzle.



6 MIX IT UP!
When the **fish** is done fluff up the **bulgur wheat** with a fork and mix in the **cannellini beans**, **cucumber**, **spring onion**, remaining **mint** and **lemon zest**. Stir through the **red onion** and **charred courgette**. Season to taste with **salt** and **pepper**. Share the **bulgur wheat** and **bean salad** between your plates and lay a **fish fillet** on top. Spoon over the **minty** drizzle. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Water*	150ml	200ml	300ml
Bulgur Wheat 13)	75g	100g	150g
Ground Cumin	1 small pot	¾ large pot	1 large pot
Courgette *	1	1½	2
Red Onion *	1	1½	2
Lemon *	1	1½	2
Coley Fillets 4) *	2	3	4
Spring Onion *	1	2	2
Mint *	1 bunch	1 bunch	1 bunch
Cucumber *	½	¾	1
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Cannellini Beans	1 carton	1½ cartons	2 cartons

*Not Included
* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 621G	PER 100G
Energy (kJ/kcal)	1822 / 436	293 / 70
Fat (g)	8	1
Sat. Fat (g)	1	1
Carbohydrate (g)	51	8
Sugars (g)	13	2
Protein (g)	35	6
Salt (g)	0.81	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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