



Sticky Pistachio Crusted Salmon

with Herby Bulgur Wheat, Roasted Pepper and Rocket

Premium 40 Minutes • 1 of your 5 a day

30



Mint



Echalion Shallot



Bell Pepper



Cumin Seeds



Vegetable Stock Paste



Bulgur Wheat



Salmon Fillet



Ground Coriander



Pistachios



Greek Style Salad Cheese



Rocket



Honey

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan with Lid, Baking Tray and Baking Paper.

Ingredients

	2P	3P	4P
Mint**	1 bunch	1 bunch	1 bunch
Echalion Shallot**	1	1	2
Bell Pepper***	1	2	2
Cumin Seeds	1 sachet	1 sachet	1 sachet
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Paste 10)	10g	15g	20g
Bulgur Wheat 13)	120g	180g	240g
Salmon Fillet** 4)	2	3	4
Ground Coriander	1 sachet	1 sachet	2 sachets
Pistachios 2)	25g	25g	50g
Greek Style Salad Cheese** 7)	100g	150g	200g
Rocket**	40g	40g	80g
Honey	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	375g	100g
Energy (kJ/kcal)	3046/728	811/194
Fat (g)	33	9
Sat. Fat (g)	12	3
Carbohydrate (g)	58	15
Sugars (g)	14	4
Protein (g)	40	11
Salt (g)	3.72	0.99

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 4) Fish 7) Milk 10) Celery 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



Prep Time

Preheat your oven to 200°C. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Halve, peel and thinly slice the **shallot**. Halve the **pepper** and discard the core and seeds. Slice into thin strips.

2



Cook the Bulgur

Pop a saucepan over medium-high heat and add the **cumin seeds** (no oil). Stir and toast until fragrant, 1 min. Add a drizzle of **oil** and the **shallot**. Fry until the **shallot** is tender, 3-4 mins. Pour the **water for the bulgur** (see ingredients for amount) into the saucepan and bring to the boil. Stir in the **vegetable stock paste** and **bulgur wheat**, bring back up to the boil and simmer for 1 min. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.

3



Roast the Salmon

Lay the **salmon fillets**, skin-side down, onto one side of a baking tray lined with baking paper. Season with **salt** and **pepper** then sprinkle the **ground coriander** over the flesh. Pop the **pepper** onto the other side of the tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Roast on the top shelf of your oven until the **peppers** have softened and charred and the **salmon** is cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The salmon is cooked when opaque in the middle.

4



Finish the Prep

Meanwhile, remove the **pistachios** from their shells then roughly chop. Crumble the **Greek style salad cheese** into small pieces.

5



Flavour the Bulgur

When the **bulgur wheat** is ready, use a fork to fluff it up. Gently fold in the **Greek style salad cheese** and **mint**. Once the **peppers** are cooked, stir them into the **bulgur**, then season to taste with **salt** and **pepper** if needed. Share the **bulgur** between your bowls, arranging the **rocket** on top.

6



Finish and Serve

When the **salmon** is cooked, remove from the oven and drizzle over the **honey**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Spread the **honey** across the top of the **fillets** with the back of a spoon and then sprinkle the **pistachios** on top. Carefully place the **salmon** onto the **rocket leaves** and serve.

Enjoy!