



Sticky Pistachio Crusted Salmon

with Herby Feta Bulgur Wheat, Roasted Red Pepper and Rocket

No. 23

PREMIUM 35 Minutes



Flat Leaf Parsley



Bell Pepper



Cumin Seeds



Vegetable Stock Powder



Bulgur Wheat



Salmon Fillet



Ground Coriander



Pistachios



Feta Cheese



Rocket



Honey

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Two Baking Trays, Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Bell Pepper***	1	2	2
Cumin Seeds	1 small pot	1 small pot	1 large pot
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Bulgur Wheat 13	120g	180g	240g
Salmon Fillet 4 **	2	3	4
Ground Coriander	1 small pot	1 small pot	1 large pot
Pistachios 2	1 pot	1 pot	2 pots
Feta Cheese 7 **	1 block	1½ blocks	2 blocks
Rocket**	1 bag	1 bag	2 bags
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	346g	100g
Energy (kJ/kcal)	2874 /687	831 /199
Fat (g)	31	9
Sat. Fat (g)	12	4
Carbohydrate (g)	60	17
Sugars (g)	12	4
Protein (g)	42	12
Salt (g)	1.72	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

♻️ You can recycle me!

Packed in the UK



1. Prep Time!

Preheat your oven to 200°C. Roughly chop the **parsley** (stalks and all). Halve the **pepper** and discard the core and seeds. Slice into thin strips. Pop the **pepper** onto a baking tray and drizzle with **oil**. Season with **salt** and **pepper** then roast on the top shelf of your oven until charred and softened, 18-20 mins.



4. Pistachio and Feta Time!

While the salmon cooks, remove the **pistachios** from their shells. Discard the shells and finely chop the **pistachios**. **TIP:** Use a pestle and mortar if you have one. Break the **feta** into small chunks.



2. Cook the Bulgur

Meanwhile, pop a saucepan over medium high-heat and add the **cumin seeds** (no oil). Stir and toast until fragrant, 1 min. Pour the **water** for the bulgur wheat (see ingredients for amount) into the saucepan with the **cumin** and bring to the boil. Stir in the **vegetable stock powder**, and **bulgur wheat**, bring back up to the boil and simmer for 1 minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



5. Finish Off

When the **bulgur wheat** is ready, use a fork to fluff it up. Fold in the **feta** and **parsley**, taking care not to break up the **feta** too much. Season to taste with **salt** and **pepper** if necessary. Share the **bulgur** between your bowls. Arrange the **peppers** and **rocket** on top of the **bulgur**.



3. Salmon Time

Meanwhile, line another baking tray with baking paper and drizzle with **oil**. Place the **salmon** on the the tray skin-side down and season with **salt** and **pepper**. Sprinkle the **ground coriander** onto the flesh side. When the **peppers** have 15 mins left in the oven, slide the salmon tray in and roast until the **salmon** is cooked, 12-15 mins. **IMPORTANT:** The salmon is cooked when opaque all the way through.



6. Serve

When the **salmon** is cooked, remove from the oven and drizzle on the **honey**. Spread the **honey** across the **fish** with the back of a spoon and then sprinkle the **pistachios** onto the **salmon**. Carefully place on top of the layer of **rocket**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.