



Sticky Pistachio Salmon

with Herby Feta Bulgur Wheat, Roasted Bell Pepper and Rocket

Premium 35 Minutes • 1 of your 5 a day

28



Mint



Bell Pepper



Echalion Shallot



Cumin Seeds



Vegetable Stock Powder



Bulgur Wheat



Salmon fillet



Ground Coriander



Pistachios



Feta Cheese



Rocket



Honey

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Saucepan with Lid, Measuring Jug and Baking Tray.

Ingredients

	2P	3P	4P
Mint**	1 bunch	1 bunch	1 bunch
Bell Pepper***	1	2	2
Echalion Shallot**	1	1	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 large pot	2 small pots
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 tbsp	2 tbsp	2 tbsp

*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	378g	100g
Energy (kJ/kcal)	3215 / 769	850 / 203
Fat (g)	35	9
Sat. Fat (g)	12	3
Carbohydrate (g)	62	16
Sugars (g)	13	4
Protein (g)	40	11
Salt (g)	3.31	0.87

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

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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.



Pistachio and Feta Time!

While the salmon and peppers cook, 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.



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** and cook until the **shallot** is tender, 3-4 mins. Pour the **water** for the **bulgur wheat** (see ingredients for amount) into the saucepan with the **cumin** and **shallot** 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 you're ready to serve.



Finish Off

When the **bulgur wheat** is ready, use a fork to fluff it up. Fold in the **feta** and **mint**, taking care not to break up the **feta** too much. Once the **peppers** are cooked, stir the **roasted peppers** into the **bulgur**, season to taste with **salt** and **pepper** if necessary. Share the **bulgur** between your bowls, arranging the **rocket** on top.



Salmon Time

Line a baking tray with baking paper and drizzle with **oil**. Place the **salmon** on one side of the tray skin-side down, drizzle over a little **oil**, and season with **salt** and **pepper**. Sprinkle the **ground coriander** onto the flesh side. Pop the **pepper** onto the other side of the tray and drizzle with **oil**. Season with **salt** and **pepper** and roast until the **salmon** is cooked, 12-15 mins, and the **peppers** have softened and charred. **IMPORTANT:** The salmon is cooked when opaque all the way through.



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.