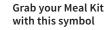
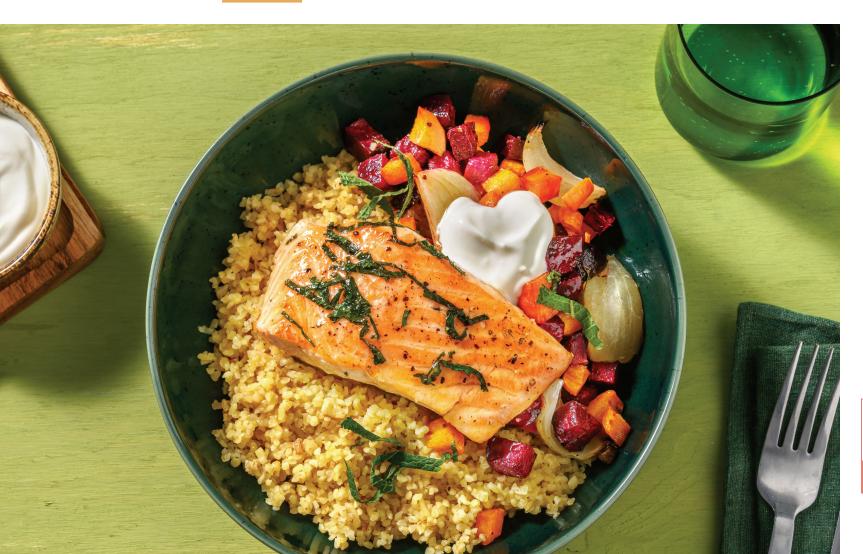


Honey & Mint Glazed Salmon with Moroccan Veggie Bulgur

EXPLORER

















Brown Onion





Lemon







Bulgur Wheat

Hanout





Vegetable Stock Powder



Salmon



Pantry items Olive Oil, Honey

Prep in: 20-30 mins Ready in: 30-40 mins Eat Me First

coated in honey and mint. It's a stunning combination that's easy to pull together too – win-win!

There's a lot to love in this bountiful bowl, from the spiced bulgur wheat tossed with roasted veggies to the succulent salmon

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper \cdot Medium saucepan with a lid \cdot Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
beetroot	1	2
brown onion	1	2
mint	1 bag	1 bag
lemon	1/2	1
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1½ tbs	1/4 cup
warm water*	2 tbs	¼ cup
ras el hanout	½ medium sachet	1 medium sachet
bulgur wheat	1 packet	2 packets
water*	1 cup	2 cups
vegetable stock powder	1 medium sachet	1 large sachet
salmon	1 small packet	1 large packet
salmon**	1 small packet	1 large packet
ac acas		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2981kJ (712Cal)	515kJ (123Cal)
Protein (g)	41.9g	7.2g
Fat, total (g)	28.9g	5g
- saturated (g)	6.3g	1.1g
Carbohydrate (g)	69.6g	12g
- sugars (g)	32g	5.5g
Sodium (mg)	560mg	97mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4253kJ (1016Cal)	592kJ (141Cal)
Protein (g)	71.1g	9.9g
Fat, total (g)	49.2g	6.8g
- saturated (g)	10.4g	1.4g
Carbohydrate (g)	71.2g	9.9g
- sugars (g)	32g	4.5g
Sodium (mg)	601mg	84mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Scan here if you have any questions or concerns





Roast the veggies

- Preheat the oven to 240°C/220°C fan-forced.
- Cut carrot into bite-sized chunks. Cut beetroot into small chunks. Cut brown onion into thick wedges.
- Transfer the veggies to a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast until tender, 20-25 minutes.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.



Get prepped

- While the veggies are roasting, pick and roughly chop mint leaves. Zest lemon to get a pinch, then slice into wedges.
- In a small bowl, combine Greek-style yoghurt and a generous squeeze of lemon juice. Season to taste.



Make the glaze

 In a medium bowl, combine the honey, the warm water and half the mint. Season.



Cook the bulgur wheat

- Heat a medium saucepan over medium-high heat. Add ras el hanout (see ingredients) and lemon zest and cook until fragrant, 1 minute.
- Add bulgur wheat, the water and vegetable stock powder, stir and bring to the boil. Cover with a lid and reduce the heat to low. Cook for 10 minutes, then remove the pan from the heat and keep covered until the bulgur wheat is tender and the water is absorbed, 10-12 minutes.

TIP: The bulgur wheat will finish cooking in its own steam, so don't peek!



Cook the salmon

- In a medium frying pan, heat a drizzle of olive oil over medium-high heat. Pat salmon dry with paper towel and season both sides.
- Cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side. Turn salmon skin-side down again and spoon over the honey and mint glaze until completely coated. Remove from the heat.

TIP: Patting the skin dry helps it crisp up in the pan!

Custom Recipe: If you've doubled your salmon, cook in batches for best results!



Serve up

- Divide the spiced bulgur and roasted veggies between bowls.
- Top with the honey and mint salmon and spoon over any remaining glaze from the pan.
- Garnish with remaining mint and serve with lemon yoghurt. Enjoy!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate