



Honey-Glazed Salmon & Capsicum-Pumpkin Toss

with Moroccan Bulgur & Mint

Grab your Meal Kit with this symbol



Capsicum



Brown Onion



Peeled & Chopped Pumpkin



Mint



Lemon



Greek-Style Yoghurt



Ras El Hanout



Bulgur Wheat



Vegetable Stock Powder



Salmon



Salmon

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me First

There's a lot to love in this bountiful bowl, from the spiced bulgur wheat tossed with roasted veggies to the succulent salmon coated in honey and mint. It's a stunning combination that's easy to pull together too – win-win!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey

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 · Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
brown onion	1	2
peeled & chopped pumpkin	1 small bag	1 medium bag
mint	1 bag	1 bag
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 ½ tbs	¼ 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	2 small packets OR 1 large packet
salmon**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3088kJ (738Cal)	476kJ (114Cal)
Protein (g)	41.1g	6.3g
Fat, total (g)	28.3g	4.4g
- saturated (g)	5.7g	0.9g
Carbohydrate (g)	79g	12.2g
- sugars (g)	41.6g	6.4g
Sodium (mg)	693mg	107mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4371kJ (1044Cal)	554kJ (132Cal)
Protein (g)	70.2g	8.9g
Fat, total (g)	48.7g	6.2g
- saturated (g)	9.4g	1.2g
Carbohydrate (g)	81.3g	10.3g
- sugars (g)	41.6g	5.3g
Sodium (mg)	732mg	93mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **capsicum** into bite-sized chunks.
- Cut **brown onion** into thick wedges.
- Place **capsicum, onion** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is getting crowded, divide the veggies between two trays.

4



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!

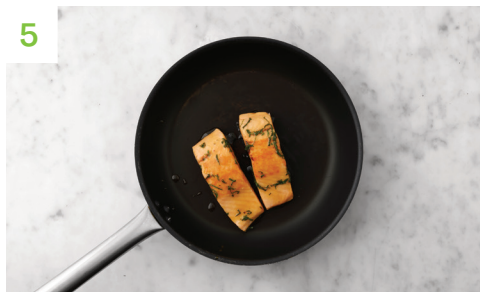
2



Get prepped

- While 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.

5



Cook the salmon

- Meanwhile, 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, prepare and cook salmon in batches for the best results.

3



Make the glaze

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

6



Serve up

- Divide the Moroccan bulgur and capsicum-pumpkin toss between bowls.
- Top with the honey-glazed salmon and spoon over any remaining glaze from the pan.
- Garnish with remaining mint and serve with lemon yoghurt. Enjoy!

Rate your recipe

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