



Cal Smart Roasted Barramundi with Veggie Bulgur and Lemon Aioli

Calorie Smart

Quick

25 Minutes



Barramundi



Seasoned Salt



Bulgur Wheat



Vegetable Broth Concentrate



Roasted Red Peppers



Zucchini



Lemon



Parsley



Garlic, cloves



Mayonnaise

HELLO BULGUR

A staple in Middle Eastern cuisine, bulgur has a deliciously light and nutty flavour!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Garlic Guide for Step 4 and 5 (dbl for 4 ppl):

- Mild: ½ tsp
- Extra: ½ tsp
- Medium: ¼ tsp

Bust out

Baking sheet, measuring spoons, strainer, zester, medium pot, parchment paper, small bowl, measuring cups, paper towels, silicone brush

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Seasoned Salt	½ tbsp	1 tbsp
Bulgur Wheat	½ cup	1 cup
Vegetable Broth Concentrate	1	2
Roasted Red Peppers	170 ml	340 ml
Zucchini	200 g	400 g
Lemon	1	2
Parsley	7 g	14 g
Garlic, cloves	1	2
Mayonnaise	2 tbsp	4 tbsp
Sugar*	½ tsp	¼ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook bulgur

- Using a strainer, strain **roasted red peppers**, reserving **liquid**. Roughly chop **peppers**.
- Add **enough water** to **reserved pepper liquid** to make **⅔ cup pepper-water** (dbl for 4 ppl). Add **peppers, pepper-water, broth concentrate** and **¼ tsp salt** (dbl both for 4 ppl) to a medium pot.
- Cover and bring to a boil over high heat. Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min. Fluff with a fork.



Prep and make lemon aioli

- Meanwhile, peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **mayo, lemon zest, ⅛ tsp sugar, 1 tsp lemon juice** (dbl both for 4 ppl) and **¼ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, to taste, then stir to combine.



Prep zucchini and barramundi

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch-thick half-moons.
- Add **zucchini** and **½ tbsp oil** (dbl for 4 ppl) to one side of a parchment-lined baking sheet. (**NOTE:** For 4 ppl, divide zucchini between 2 baking sheets.) Season with **salt** and **pepper**, then toss to coat.
- Pat **barramundi** dry with paper towels. Season with **pepper** and **1 tsp seasoned salt** (dbl for 4 ppl).



Finish bulgur

- Add **zucchini, half the parsley, ½ tbsp oil** (dbl for 4 ppl) and **remaining garlic** to the pot with **bulgur and peppers**. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, to taste, then stir to combine.



Broil barramundi and zucchini

- Arrange **barramundi** on the other side of the baking sheet with **zucchini**, skin-side down. (**NOTE:** For 4 ppl, divide barramundi between both baking sheets.)
- Drizzle with **½ tbsp oil** (dbl for 4 ppl), then brush to coat.
- Broil in the **middle** of the oven until **zucchini** is tender and **barramundi** is golden and cooked through, 8-10 min. (** **NOTE:** For 4 ppl, broil in the middle and bottom of the oven, rotating sheets halfway through.)



Finish and serve

- Remove skin from **barramundi**.
- Divide **bulgur** between plates. Arrange **barramundi** on top. Dollop with **lemon aioli**.
- Sprinkle with **remaining parsley**. Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!