



Cal Smart Turkish-Spiced Salmon

with Tabbouleh and Herby Yogurt Dressing

Calorie Smart

30 Minutes



Salmon Fillets, skin-on



Turkish Spice Blend



Shallot



Garlic, cloves



Bulgur Wheat



Baby Spinach



Roma Tomato



Greek Yogurt



Parsley



Lemon

HELLO GREEK YOGURT

High in protein, creamy and perfect as a dressing!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, zester, medium pot, large bowl, parchment paper, small bowl, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Turkish Spice Blend	1 tbsp	2 tbsp
Shallot	50 g	100 g
Garlic, cloves	2	4
Bulgur Wheat	½ cup	1 cup
Baby Spinach	56 g	113 g
Roma Tomato	160 g	320 g
Greek Yogurt	100 ml	200 ml
Parsley	7 g	7 g
Lemon	1	1
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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1 Prep

- Cut **tomatoes** into ¼-inch pieces.
- Zest, then juice **lemon**.
- Peel, then mince or grate **garlic**.
- Peel, then finely chop **shallot**.
- Roughly chop **parsley**.



4 Make herby yogurt dressing

- Meanwhile, add **yogurt**, ½ **tbsp lemon juice**, ½ **tsp lemon zest** (dbl both for 4 ppl) and **parsley** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.



2 Cook bulgur

- Heat a medium pot over medium-high heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl) then **garlic** and **shallots**. Cook, stirring frequently, until soft, 2-3 min.
- Stir in **bulgur**, then ½ **cup water** and ½ **tsp salt** (dbl both for 4 ppl). Bring to a boil.
- Once boiling, cover and remove the pot from heat. Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff with a fork.



5 Make tabbouleh

- Combine **remaining lemon juice** and ½ **tbsp oil** (dbl both for 4 ppl) in a large bowl.
- Add **spinach** and **tomatoes**. Season with **salt** and **pepper**, then toss to coat.
- Add **bulgur**, then stir to combine.



3 Cook salmon

- Meanwhile, pat **salmon** dry with paper towels, then season with **Turkish Spice Blend**, **salt** and **pepper**.
- Arrange **salmon** on a parchment-lined baking sheet, skin-side down.
- Roast in the **middle** of the oven until **salmon** is cooked through, 10-12 min.**



6 Finish and serve

- Remove and discard skin from **salmon**, if desired.
- Divide **tabbouleh** between plates. Top with **salmon**.
- Drizzle **herby yogurt dressing** over top.

Dinner Solved!