



Middle Eastern-Spiced Salmon Bulgur Bowl

with Lemon Garlic Dressing

20-min



Salmon Fillets, skinless



Bulgur Wheat



Canned Corn



Lemon



Mayonnaise



Garlic



Parsley



Shawarma Spice Blend



Baby Heirloom Tomatoes



Vegetable Broth Concentrate

HELLO SHAWARMA SPICE

Our shawarma spice blend is a robust blend of dried mint, paprika, cinnamon, garlic, cumin and cloves!

Start here

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

Bust Out

Baking sheet, measuring spoons, strainer, zester, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|-----------------------------|----------|----------|
| Salmon Fillets, skinless | 250 g | 500 g |
| Bulgur Wheat | ½ cup | 1 cup |
| Canned Corn | 113 g | 227 g |
| Lemon | 1 | 2 |
| Mayonnaise | 2 tbsp | 4 tbsp |
| Garlic | 3 g | 6 g |
| Parsley | 7 g | 14 g |
| Shawarma Spice Blend | 1 tbsp | 2 tbsp |
| Baby Heirloom Tomatoes | 113 g | 227 g |
| Vegetable Broth Concentrate | 1 | 2 |
| 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 our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Broil veggies

Drain and rinse **corn**, then pat dry with paper towels. Toss together **tomatoes, half the corn, half the Shawarma Spice Blend** and **1 tsp oil** (dbl all for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Broil, in the **middle** of the oven, stirring halfway through cooking, until golden, 7-8 min.



Make dressing

While **salmon** cooks, roughly chop **parsley**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Peel, then mince or grate **garlic**. Stir together **mayo, lemon zest, ¼ tsp garlic** and **½ tbsp lemon juice** (dbl both for 4 ppl) in a small bowl. Season with **salt** and **pepper**.



Cook bulgur

While **veggies** broil, add **broth concentrate, ½ cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Add **bulgur**, then cover and let stand, until tender and liquid is absorbed, 15-16 min. While **bulgur** cooks, pat **salmon** dry with paper towels. Sprinkle with **remaining Shawarma Spice Blend**, then season with **salt** and **pepper**.



Finish bulgur

Fluff **bulgur** with a fork, then stir in **broiled veggies** and **half the parsley**. Season with **salt** and **pepper**.



Cook salmon

Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**. Cook, until golden-brown and cooked through, 4-5 min per side.**



Finish and serve

Divide **bulgur** between plates and top with **salmon**. Dollop with **lemon garlic dressing** and sprinkle **remaining parsley** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!