













Middle Eastern-Spiced Salmon Bulgur Bowls

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 mix of dried mint, paprika, cinnamon, garlic, cumin and cloves!

Start here

- Before starting, preheat the 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	½ can	1 can
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 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.

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Broil veggies

Drain and rinse **corn**, then pat dry with paper towels. Add **tomatoes**, **half the corn** (use all for 4 ppl), **1 tsp Shawarma Spice Blend** and **1 tsp oil** (dbl both for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine. Broil in the **middle** of the oven, stirring halfway through, 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**. Add **mayo**, **lemon zest**, **¼ tsp garlic** and **½ tbsp lemon juice** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Cook bulgur and prep salmon

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. Once boiling, add **bulgur**. Stir to combine, then remove the pot from heat. Let stand, still covered, until **bulgur** is 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 and season with **salt** and **pepper**. Stir in **broiled veggies** and **half the parsley**.



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, then top with **salmon**. Dollop **lemon-garlic dressing** over top and sprinkle with **remaining parsley**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!