



Middle Eastern-Spiced Salmon Freekeh Bowl

with Lemon Garlic Dressing

20-min



Salmon Fillets,
skinless



Freekeh



Corn Kernels



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	285 g	570 g
Freekeh	½ cup	1 cup
Corn Kernels	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

Bring **2 cups water** (dbl for 4 ppl) and **broth concentrate** to a boil over high heat in a medium pot. While **broth** comes to a boil, toss together **tomatoes, corn, half the Shawarma Spice Blend** and **1 tsp oil** (dbl 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-brown, 7-8 min.



Make dressing

While **salmon** cooks, roughly chop **parsley**. Zest, then juice **half the lemon**. Cut any **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 freekeh

While **veggies** broil, add **freekeh** to the pot with **boiling broth**. Reduce heat to medium-high. Cover and cook, until **freekeh** is tender and **liquid** is absorbed, 15-17 min. While **freekeh** cooks, pat **salmon** dry with paper towels. Sprinkle with **remaining Shawarma Spice Blend**, then season with **salt** and **pepper**.



Finish freekeh

When **freekeh** is tender, remove the pot from heat. Drain **excess water** and return **freekeh** to the same pot. 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 **freekeh** between plates and top with **salmon**. Dollop with **lemon garlic dressing** and sprinkle over **remaining parsley**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!