











Windmill Recipe Test 5: Windmill720509-1

with Bulgur, Charred Courgettes and Herby Dressing

Calorie Smart Eat Me First • 40-45 Minutes • 1 of your 5 a day • Under 650 Calories

28



-  Echalion Shallot
-  Lemon
-  Courgette
-  Baby Plum Tomatoes
-  Flat Leaf Parsley
-  Sea Bass Fillets
-  Vegetable Stock Paste
-  Bulgur Wheat

Pantry Items
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Fine grater, bowl, saucepan, lid and frying pan.

Ingredients

Echalion Shallot**	1	1	1
Lemon**	½	¼	1
Courgette**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Sea Bass Fillets** 4)	2	3	4
Vegetable Stock Paste 10)	10g	15g	20g
Bulgur Wheat 13)	120g	180g	240g

Pantry	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	393g	100g
Energy (kJ/kcal)	2110/504	538/128
Fat (g)	20.8	5.3
Sat. Fat (g)	3.9	1.0
Carbohydrate (g)	54.2	13.8
Sugars (g)	7.3	1.9
Protein (g)	26.2	6.7
Salt (g)	1.21	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

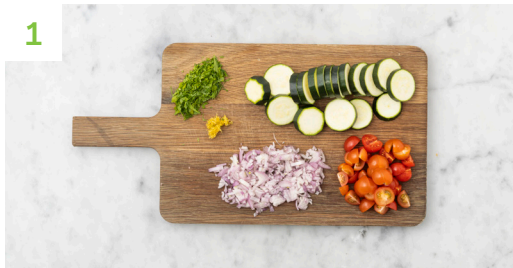
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Prep Time

Halve, peel and chop the **shallot** into small pieces. Zest and halve the **lemon**. Trim the **courgette**, then slice into thick 1cm rounds. Quarter the **tomatoes**. Roughly chop the **parsley** (stalks and all).

Pop the **lemon zest** into a large bowl with the **olive oil for the marinade** (see ingredients for amount) and season with **salt** and **pepper**. Mix together, then add the **sea bass**. Turn to coat in the **marinade**, then set aside. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Mix the Herby Dressing

While the **courgette** chars, pop the **olive oil for the dressing** (see ingredients for amount) into a small bowl with a squeeze of **lemon juice** and **half the parsley**.

Season with **salt** and **pepper**, mix well and set your **dressing** aside.



Cook the Bulgur

Heat a drizzle of **oil** in a medium saucepan on medium heat. Once hot, add the **shallot** and cook, stirring occasionally, until soft, 3-4 mins.

Pour in the **water for the bulgur wheat** (see ingredients for amount), then stir in the **veg stock paste** and bring to the boil. Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Fish to Fry

Pop your (now empty) **courgette** frying pan on medium-high heat.

Once hot, carefully place your **marinated sea bass** into the pan, skin-side down, and spoon over the remaining **oil** from the bowl.

Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **TIP:** To get crispy skin on the fish, don't move it around when it's cooking skin-side down. **IMPORTANT:** The fish is cooked when opaque in the middle.



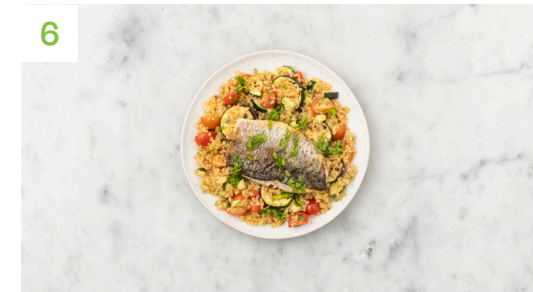
Char the Courgette

Once the **bulgur** has been set aside, pop a large frying pan on medium-high heat (no oil).

When hot, add the **courgette rounds** and cook until charred, 3-4 mins each side. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.

Once cooked, season with **salt** and **pepper**, then transfer **half the charred courgettes** to a bowl and cover to keep warm.

Chop the remaining **courgette** into small pieces and set aside.



Finish and Serve

When everything is ready, fluff up the **bulgur** with a fork and stir through the **tomatoes**, **chopped courgette**, remaining **parsley** and a small squeeze of **lemon juice**. Taste and season with **salt**, **pepper** and more **lemon juice** if needed.

Share the **bulgur** between your plates, then top with the **charred courgette rounds** and **crispy sea bass**.

Drizzle over the **herby dressing** to finish.

Enjoy!