



Honey Harissa Glazed Salmon

with Garlic Bulgur, Charred Courgette and Yoghurt

Family 35-40 Minutes • Mild Spice • 2 of your 5 a day

11



Red Onion



Garlic Clove



Courgette



Vegetable Stock Paste



Bulgur Wheat



Salmon Fillets



Honey



Harissa Paste



Greek Style Natural Yoghurt

Pantry Items

Oil, Salt, Pepper, Butter, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, garlic press, lid, frying pan, bowl and kitchen paper.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--|-----------|-----------|-----------|
| Red Onion** | 1 | 2 | 2 |
| Garlic Clove** | 2 | 3 | 4 |
| Courgette** | 1 | 2 | 2 |
| Vegetable Stock Paste 10 | 15g | 20g | 30g |
| Bulgur Wheat 13 | 120g | 180g | 240g |
| Salmon Fillets** 4 | 2 | 3 | 4 |
| Honey | 15g | 30g | 30g |
| Harissa Paste 14 | 50g | 100g | 100g |
| Greek Style Natural Yoghurt** 7 | 75g | 150g | 150g |
| Pantry | 2P | 3P | 4P |
| Butter* | 20g | 30g | 40g |
| Sugar* | ½ tsp | ¾ tsp | 1 tsp |
| Water for the Bulgur* | 220ml | 330ml | 440ml |
| Water for the Glaze* | 20ml | 30ml | 40ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 555g | 100g |
| Energy (kJ/kcal) | 3109 /743 | 560 /134 |
| Fat (g) | 38.2 | 6.9 |
| Sat. Fat (g) | 11.6 | 2.1 |
| Carbohydrate (g) | 71.7 | 12.9 |
| Sugars (g) | 21.1 | 3.8 |
| Protein (g) | 33.0 | 6.0 |
| Salt (g) | 2.45 | 0.44 |

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish **7)** Milk **10)** Celery **13)** Cereals containing gluten

14) Sulphites

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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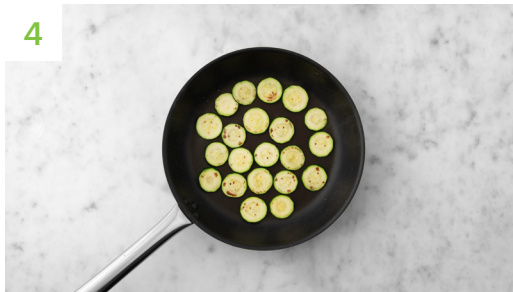


Fry the Onion

Halve, peel and chop the **red onion** into small pieces.

Heat a drizzle of **oil** and the **butter** (see pantry for amount) in a medium saucepan on medium heat.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and softened, 8-10 mins.



Get Charring

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **courgette** and cook until charred, 3-4 mins each side.

Once charred, lower the heat and add the remaining **garlic**. Fry for 30 secs. Season with **salt** and **pepper** and transfer to a bowl, cover to keep warm and set aside.

Wipe out the pan.



Prep Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Trim the **courgette** and slice into 1cm thick rounds.



Cook the Salmon

Pop your (now empty) pan back on high heat with a drizzle of **oil**. Pat the **salmon** dry with kitchen paper, then season with **salt** and **pepper**.

Once hot, carefully place the **salmon** into the pan, skin-side down. **TIP:** To get crispy skin on the fish, don't move it around when it's cooking skin-side down.

Cook for 4-5 mins, then lower the heat to medium. Turn and cook the remaining three sides for 2-3 mins each. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Bring on the Bulgur

Once the **onion** has softened, add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins.

Stir in **half** the **garlic** and cook for 1 min more.

Pour in the **water for the bulgur** (see pantry for amount), 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.



Finish and Serve

Once the **salmon** is cooked, add the **honey**, **water for the glaze** (see pantry for amount) and **half** the **harissa** (add less if you'd prefer things milder) to the pan.

Remove from the heat, then turn the **salmon** to coat.

Once the **bulgur** is ready, stir through the remaining **harissa** and share between your bowls.

Top with the **salmon** and **charred courgette**, spooning over any remaining **glaze** from the pan.

Drizzle over the **yoghurt** to finish.

Enjoy!