




More Than Food
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Grilled Salmon Tarator with Bulgur Wheat Tabbouleh

Our André reckons this is going to be your new favourite dish on a warm summer evening. This beautifully grilled salmon is topped with crème fraîche, walnuts, herbs and lemon zest and then served warm, rather than hot. I can't wait to dig in, what about you?



30 mins



Vegetable Stock Pot (1/2)



Bulgur Wheat (3/4 cup)



Red Onion (1)



Salmon Fillet (2)



Red Wine Vinegar (1 tbsp)



Mint (3 tbsp)



Flat Leaf Parsley (5 tbsp)



Garlic Clove (1)



Lemon (1)



Crème Fraîche (1 small pot)



Walnuts (2 tbsp)

Ingredients

2 PEOPLE

ALLERGENS

Vegetable Stock Pot	½	Celery, Sulphites
Bulgur Wheat	¾ cup	Gluten
Red Onion, chopped	1	
Salmon Fillet	2	Fish
Red Wine Vinegar	1 tbsp	Sulphites
Mint, chopped	3 tbsp	
Flat Leaf Parsley, chopped	5 tbsp	
Garlic Clove, grated	1	
Lemon	1	
Crème Fraîche	1 small pot	Milk
Walnuts, crushed	2 tbsp	Nut

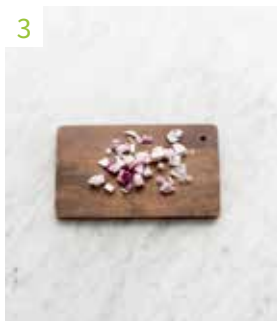
🌱 Our fruit and veggies may need a little wash before cooking!

Did you know...

Bulgur wheat makes a healthy and quick addition to any meal because it's 100% whole wheat that's specially prepared to decrease cooking time!

Nutrition per serving: Calories: 714 kcal | Protein: 36 g | Carbs: 48 g | Fat: 42 g | Saturated Fat: 15 g

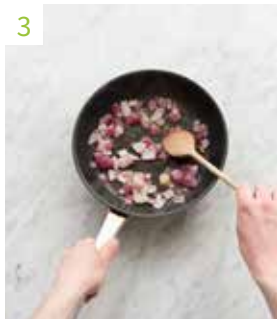
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1 Bring 250ml of **water** to the boil in a pot. Dissolve the **vegetable stock pot** in the **water** with 1 tbsp of **olive oil**. Pour in the **bulgur wheat**, cover the pot with a lid or plate and leave for 10 mins.

2 Pre-heat your grill to medium. Season each of the **salmon fillets** with a pinch of **salt** and a grind of **black pepper**. Pop them onto a foil lined baking tray, skin-side down and grill for 10-12 mins. The **salmon** is cooked when the centre is opaque. Once the **salmon** is cooked allow to cool as we will be serving it warm not hot.

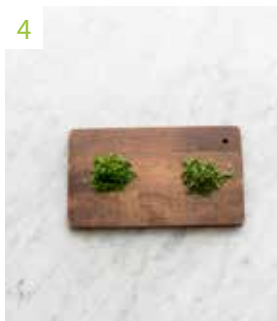
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3 Cut the **red onion** in half through the root, peel and then chop each half into pieces roughly 2cm in size. Heat a frying pan on medium heat and add 1 tbsp of **olive oil**. Add the chopped **onion** and cook for 5 mins. Season with a generous pinch of **salt** and then add the **red wine vinegar** to the pan. Allow it to evaporate completely and then remove the pan from the heat. Keep to one side.

4 Next, chop the **mint** and **parsley**, peel and grate the **garlic clove** and zest and juice the **lemon**. Mix half the **mint** and half the **parsley** into the **crème fraîche**, add a pinch of **salt** and then mix in half the **lemon** zest, half the juice and all of the **garlic**. Keep to one side. Lightly crush the **walnuts** by popping them in a freezer bag and tapping them gently with a wooden spoon or rolling pin. You want them to be chunky not dust!

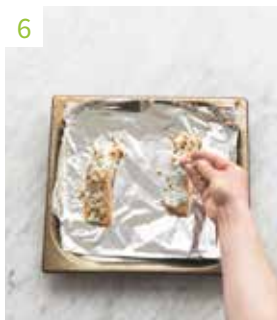
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5 When your **salmon** has cooled slightly and your **bulgur wheat** is cooked, stir the remaining chopped herbs, **lemon** zest and juice into the **bulgur wheat**. Check the seasoning and add a pinch more **salt** if necessary.

6 Spread 1 tbsp of the **crème fraîche** mixture on the flesh side of each **salmon** fillet until completely coated. Top with the crushed **walnuts**.

6



7 Serve your **bulgur wheat** in deep bowls, make a small well in the middle and fill with **red onion**. Top with your **salmon** and voila! Bon appetit!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!