



## INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz  
Carrots



1 TBSP | 1 TBSP  
Harissa Powder



½ Cup | 1 Cup  
Bulgur Wheat  
Contains: Wheat



2 | 4  
Veggie Stock  
Concentrates



1 tsp | 2 tsp  
Garlic Powder



¼ oz | ½ oz  
Cilantro



1 | 1  
Lemon



1 | 2  
Zucchini



4 oz | 8 oz  
Grape Tomatoes



½ oz | 1 oz  
Pistachios  
Contains: Tree Nuts



1 tsp | 1 tsp  
Chili Flakes



4 TBSP | 8 TBSP  
Sour Cream  
Contains: Milk



1 TBSP | 1 TBSP  
Tunisian Spice  
Blend



1 oz | 2 oz  
Dried Apricots



## HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz  
Salmon  
Contains: Fish

Calories: 980

# SPICY TUNISIAN BULGUR BOWLS

with Zucchini, Carrots, Chermoula & Creamy Lemon Sauce



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 630





HELLO

## CHERMOULA

This North African herb sauce is bright, aromatic, and earthy—a perfect topping for veggies.

## FLUFF PIECE

Fluffing bulgur right before serving is a simple (but essential!) step. Why go through the trouble? A fork helps make sure each grain keeps its individual texture, yielding light and tender results.

## BUST OUT

- Peeler
- Baking sheet
- Small pot
- Zester
- 2 Small bowls
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (1½ TBSP | 3 TBSP)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk
- Large bowl 🍴
- Paper towels 🍴
- Cooking oil (1 tsp | 1 tsp) 🍴

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🍴 \*Salmon is fully cooked when internal temperature reaches 145°.



## 1 ROAST CARROTS

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** into sticks (like fries; ours were 3 inches long and ½ inch thick). Toss on a baking sheet with a **drizzle of oil**, ¼ **tsp harissa powder** (½ tsp for 4 servings; we sent more), **salt**, and **pepper**. **TIP: For easy cleanup, line your baking sheet with foil or parchment paper.**
- Roast on top rack, tossing halfway through, until browned and tender, 15-20 minutes.



## 4 MAKE CHERMOULA & SAUCE

- In a small bowl, combine **cilantro**, 1½ **TBSP olive oil** (3 TBSP for 4 servings), a **squeeze of lemon juice**, **chili flakes** to taste, and as much **remaining garlic powder** as you like. Season with **salt** and **pepper**.
- In a separate small bowl, combine **sour cream** and a **big pinch of lemon zest**. Add **water** 1 tsp at a time until sauce reaches a drizzling consistency. Season with **salt** and **pepper**.



## 2 COOK BULGUR

- Meanwhile, in a small pot, combine **bulgur**, **stock concentrates**, **half the garlic powder**, **1 cup water** (2 cups for 4 servings), a **big pinch of salt**, and **pepper**. Bring to a boil, then reduce heat to low. Simmer, covered, until water has absorbed and bulgur is tender, 12-15 minutes.
- Keep covered off heat until ready to serve.



## 5 COOK ZUCCHINI & TOMATOES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **zucchini**; cook, stirring, until slightly softened and lightly browned, 4-6 minutes (6-8 minutes for 4 servings).
- Add **tomatoes**, **half the Tunisian Spice** (all for 4), and a **pinch of salt**; cook until tomatoes are slightly softened, 2-3 minutes. Season with **salt** and **pepper**. Turn off heat.

- 🍴 Transfer **veggies** to a large bowl. Wipe out pan. Heat a **drizzle of oil** in same pan over medium-high heat. Pat **salmon\*** dry with paper towels and season all over with **salt** and **pepper**. Add salmon to pan, skin sides down. Cook until skin is crisp and fish is almost cooked through, 5-7 minutes. Flip and cook until cooked through, 1-2 minutes more.



## 3 PREP

- While bulgur cooks, finely chop **cilantro**. Zest and quarter **lemon**. Trim and quarter **zucchini** lengthwise; cut crosswise into ½-inch-thick pieces. Halve **grape tomatoes** crosswise. Roughly chop **pistachios**.



## 6 FINISH & SERVE

- Drain any excess water from **bulgur** if necessary; fluff with a fork. Stir in **apricots** and **1 TBSP butter** (2 TBSP for 4 servings). Season with **salt** and **pepper** to taste.
- Divide bulgur between bowls and top with **carrots**, **zucchini**, **tomatoes**, and **pistachios**. Drizzle with **chermoula** and **creamy lemon sauce**. Sprinkle with any **remaining chili flakes** to taste. Serve with any **remaining lemon wedges** on the side.
- 🍴 Serve **salmon** atop bowls.