



Cooking Made Easy



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Pan-Seared Calamari

over Bulgur & Chorizo Hash with Parsley Gremolata



Never cooked calamari at home before? Worry not! A quick flash in a hot pan is all it takes to create perfectly tender rings. Served over peppery chorizo hash and topped with lemony parsley gremolata, we think you'll be making this company-worthy dish more often.



45 min



level 3



lactose free



nut free



Squid



Bulgur



Roma Tomato



Chorizo



Onion



Lemon



Garlic



Parsley



Red Bell Pepper



Zucchini

| Ingredients | 2 People | 4 People | |
|-----------------|----------|----------|-----------|
| Squid | 1) | 8 oz | 16 oz |
| Bulgur | 2) | ½ C | 1 C |
| Roma Tomato | | 1 | 2 |
| Onion | | 1 | 2 |
| Chorizo | | 1 link | 2 links |
| Parsley | | 1 bunch | 2 bunches |
| Garlic | | 2 cloves | 4 cloves |
| Red Bell Pepper | | 1 | 2 |
| Zucchini | | 1 | 2 |
| Lemon | | 1 | 2 |
| Olive Oil* | | 3 T | 6 T |

*Not included

Allergens

- 1) Shellfish
- 2) Wheat

Tools

Small Pot, Large Pan,
Small Bowl, Medium Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 724 cal | Carbs: 54 g | Fat: 42 g | Protein: 38 g | Fiber: 13 g



1 In a small pot, bring 1 cup **water** to a boil with a pinch of **salt**. Add the **bulgur**, cover, reduce heat, and simmer until soft, about 5 minutes. Set aside.



2 Meanwhile, halve, peel, and dice the **onion**. Core and dice the **tomato**. Dice the **chorizo** into ¼-inch pieces. Finely chop the **garlic** and **parsley**. Core, seed, and remove the white veins from the **red bell pepper**. Slice into strips, then into ½-inch cubes. Quarter the **zucchini** lengthwise, then cut into ½-inch pieces.



3 Heat ½ tablespoon **olive oil** in a large pan over medium heat. Add the **onion** and cook, tossing, until soft, about 5 minutes. Add the **chorizo**, **tomato**, and **half the garlic** to pan. Season with **salt** and **pepper** and cook until tomato starts to break down, about 5 minutes.



4 Stir in the **cooked bulgur** and a pinch of **chopped parsley**. Season with **salt** and **pepper**. Set aside and cover to keep warm.

5 Make the gremolata: zest and juice **half the lemon** over a small bowl. Add the **remaining chopped parsley**, **remaining garlic**, 1 tablespoon **olive oil**, and a pinch of **salt** and **pepper** to the bowl. Set aside.

6 Heat 1 tablespoon **olive oil** in a medium pan over medium heat. Add the **bell pepper** and **zucchini** and cook, tossing, until golden brown, 4-5 minutes. Season with **salt** and **pepper** and set aside.

7 Slice the **calamari** widthwise into ½-inch rings. In the same pan you cooked the veggies in, heat ½ tablespoon **olive oil** over high heat. Add the squid to the pan and cook, tossing, until lightly golden brown and cooked through, 1-2 minutes. Season with **salt** and **pepper**.

HINT: Calamari is a very quick-cooking protein, overcooking it could make it tough!

8 Serve the **calamari** on top of the **bulgur mixture** with **zucchini and peppers** to the side. Spoon over the **gremolata**. Enjoy!