






Cooking Made Easy

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Soy & Honey Baked Salmon with Green Bean Bulgur Wheat & Stir Fried Kale

Kale has experienced a bit of a revival in recent years, and no wonder, it is SO good for you and also absolutely delicious! A serving of kale has more calcium than a carton of milk! You may think kale has only become popular recently but people have been growing it for more than 2,000 years, the Romans especially were rather huge fans!



30 min



healthy



seafood first



lactose free



Vegetable Stock Pot



Bulgur Wheat



Soy Sauce



Honey



Salmon Fillet



Green Beans



Kale



Garlic Clove



Lemon

Ingredients

	2P	4P
Vegetable Stock Pot 1	½	1
Bulgur Wheat 2	¾ cup	1½ cups
Soy Sauce 2, 3	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Salmon Fillet 4	2	4
Green Beans, chopped	1 pack	2 packs
Kale, torn	1½ handfuls	3 handfuls
Garlic Clove, chopped	1	2
Lemon	½	1

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery | 2) Gluten
3) Soya | 4) Fish

Nutrition per serving: Calories: 454 kcal | Protein: 46 g | Carbs: 41 g | Fat: 20 g | Saturated Fat: 8 g



1 Pre-heat the oven to 180 degrees. Bring 350ml of water to the boil with half the stock pot. Pour in the bulgur wheat, place a lid on the pot and rest off the heat for 25 mins, or until the water has completely soaked into the wheat.



2 Mix the soy sauce and honey in a bowl, put the salmon on a baking tray and pour all but 1 tbsp of the soy/honey mixture over the top. Turn the salmon fillets over a couple of times to make sure they have a good coating. Put the salmon in the oven and cook for 20 mins. **Tip:** *Baste the salmon fillets twice during the cooking time, this means briefly taking them out of the oven and spooning the soy/honey mixture over them - this will keep them moist and will add flavour to the fish.*



3 Bring another pot of water to the boil with ¼ tsp of salt. Chop the very top and bottom off the green beans (i.e. 'top and tail' them) and chop them in half. Add them to the pot of boiling water and cook them for 3 mins. After 3 mins is up, drain them and plunge them into cold water so they stop cooking. Set them aside for later.



4 If the kale has any tough stems at the bottom, cut these off and discard them. Tear the leaves into bite-sized pieces. Peel and finely chop the garlic. Put 2 tbsp of oil in a frying pan on a medium heat and add the garlic. Cook for a couple of minutes before adding the kale.

5 **Tip:** *You may think you have a lot of kale but it will cook down to very little so don't worry!* Add ¼ of tsp salt and a couple of good grinds of pepper to the pan and stir-fry it gently for 5 mins until the kale is cooked. **Tip:** *The salt really helps to lift the flavour of the kale.*

6 When the bulgur wheat is ready, drain the green beans and stir them in along with a good pinch of salt, a couple of grinds of pepper and the juice of half the lemon. Give it a good stir to combine everything.

7 The salmon should also be ready by now so you just need to get it out of the oven. Serve the salmon on a bed of bulgur wheat with the kale on the side. Add 2 tsp warm/hot water to the soy/honey mixture you kept back and pour it over to finish. Now dig in!

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