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## Chermoula Spiced Salmon with Freekeh Pilaf and Toasted Sesame Seeds

Freekeh is an ancient grain that is set to knock quinoa off its superfood throne! Freekeh is a great source of both protein and fibre, which helps maintain healthy blood sugar levels. Combine this delicious grain with the brain boosting omega 3 oils found in salmon and we have a nutritional knockout!



Onion (1)



Garlic Clove (1)



Freekeh (100g)



Vegetable Stock Pot (1/2)



Water (200ml)



Baby Spinach (1 bag)



Chermoula Spice Mix (1 tsp)



Olive Oil (2 tbsp)



Salmon Fillet (2)



Flat Leaf Parsley (1 bunch)



Sesame Seeds (15g)



Lemon (1/2)

## 2 PEOPLE INGREDIENTS

- Onion, chopped **1**
- Garlic Clove, grated **1**
- Freekeh **100g**
- Vegetable Stock Pot **½**
- Water **200ml**
- Baby Spinach **1 bag**
- Chermoula Spice Mix **1 tsp**
- Olive Oil **2 tbsp**
- Salmon Fillet **2**
- Flat Leaf Parsley, chopped **1 bunch**
- Sesame Seeds **15g**
- Lemon **½**

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

### Did you know...

Freekeh has four times the fibre content of brown rice!

**Allergens:** Celery, Sulphites, Gluten, Sesame, Fish.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	488 kcal / 2043 kJ	22 g	4 g	37 g	5 g	34 g	2 g
<b>Per 100g</b>	131 kcal / 549 kJ	6 g	1 g	10 g	1 g	9 g	1 g

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

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**1** Preheat your oven to 200 degrees. Drizzle some **oil** on a baking tray and pop in your oven to get hot. **Tip:** *This will give your salmon a lovely crispy skin!* Boil your kettle.

**2** Cut the **onion** in half through the root, peel and chop into roughly ½cm pieces. Peel and grate the **garlic** (or use a garlic press if you have one). Put a saucepan on medium heat with a drizzle of **oil** and add your **onion**. Cook for 5 mins or until your **onion** is soft, then add your **garlic** and cook for 1 minute more.

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**3** Add the **freekeh** along with the **vegetable stock pot**. Pour in the **boiling water** (amount specified in the ingredient list). Bring to a simmer, then reduce the heat to low, cover the pan with a lid and leave to cook gently for 15 mins. Once your **freekeh** has been cooking for 15 mins, take the pan off the heat and add the **baby spinach**. Put the lid back on and leave to the side for 5 more mins.

**4** In the meantime, put the **chermoula** in a bowl with the **olive oil** (amount specified in the ingredient list). Stir together, then add the **salmon** and mix around with your hands to make sure it is well coated.

6



**5** Take your hot baking tray out of your oven (carefully!), and gently lay your **salmon** skin-side down. Season each **salmon fillet** with a pinch of **salt** and a good grind of **black pepper** and pop in your oven on the top shelf for 10-12 mins. **Tip:** *The salmon is cooked when flaky and opaque all the way through.*

**6** While your freekeh and salmon cook, put a frying pan on medium-high heat. While the pan gets hot, roughly chop the **parsley**. Once the pan is hot, add the **sesame seeds** and dry-fry for 1-2 mins until golden (how long it takes will depend on how hot your pan is). Remove them from the pan. **Tip:** *Watch they don't burn!*

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**7** When your **freekeh** has rested for 5 mins, take the lid off, add half your **parsley** and stir well. This is your pilaf. Taste and add more **salt** and **pepper** if necessary.

**8** Serve your **pilaf** in bowls with your **salmon** placed on top, a sprinkling of **sesame seeds** and your remaining **parsley**. Squeeze over some **lemon juice** and enjoy!

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