



Sticky Pistachio Crusted Salmon

with Herby Bulgur Wheat, Charred Courgette and Rocket

Premium 35-40 Minutes • 1 of your 5 a day

30



Mint



Echalion Shallot



Courgette



Cumin Seeds



Vegetable Stock Paste



Bulgur Wheat



Salmon Fillet



Ground Coriander



Pistachios



Greek Style Salad Cheese



Rocket



Honey

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, baking tray, baking paper, frying pan and bowl.

Ingredients

	2P	3P	4P
Mint**	1 bunch	1 bunch	1 bunch
Echalion Shallot**	1	1	2
Courgette**	1	2	2
Cumin Seeds	1 sachet	1 sachet	2 sachets
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Paste (10)	10g	15g	20g
Bulgur Wheat (13)	120g	180g	240g
Salmon Fillet** (4)	2	3	4
Ground Coriander	1 sachet	1 sachet	2 sachets
Pistachios (2)	25g	25g	50g
Greek Style Salad Cheese** (7)	100g	200g	200g
Rocket**	40g	40g	80g
Honey	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving 400g	Per 100g 100g
Energy (kJ/kcal)	3060 /731	764 /183
Fat (g)	34	8
Sat. Fat (g)	12	3
Carbohydrate (g)	61	15
Sugars (g)	12	3
Protein (g)	40	10
Salt (g)	3.73	0.93

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nuts 4) Fish 7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Prep Time

Preheat your oven to 200°C. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Halve, peel and thinly slice the **shallot**. Trim the **courgette**, then quarter lengthways. Chop widthways into small pieces.



Finish the Prep

Meanwhile, heat a frying pan on high heat (no oil). When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour. Once cooked, season with **salt** and **pepper**, then transfer to a bowl. While the **courgettes** char, remove the **pistachios** from their shells, then roughly chop. Crumble the **Greek style salad cheese** into small pieces.



Cook the Bulgur

Pop a saucepan on medium-high heat and add the **cumin seeds** (no oil). Stir and toast until fragrant, 1 min. Add a drizzle of **oil** and the **shallot**, then fry until softened, 3-4 mins. Pour the **water for the bulgur wheat** (see ingredients for amount) into the saucepan and bring to the boil. Stir in the **vegetable stock paste** and **bulgur wheat**, bring back to the boil and simmer for 1 min. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Flavour the Bulgur

When the **bulgur wheat** is ready, use a fork to fluff it up. Gently fold in the **Greek style salad cheese**, **mint** and **courgettes**. Season to taste with **salt** and **pepper** if needed. Share the **bulgur** between your bowls, arranging the **rocket** on top.



Roast the Salmon

Lay the **salmon fillets**, skin-side down, onto a baking tray lined with baking paper. Season with **salt** and **pepper**, then sprinkle the **ground coriander** over the **flesh**. Roast on the top shelf of your oven until the **salmon** is cooked through, 10-15 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. The salmon is cooked when opaque in the middle.*



Finish and Serve

When the **salmon** is cooked, remove from the oven and drizzle over the **honey**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.* Spread the **honey** across the top of the **fillets** with the back of a spoon and then sprinkle the **pistachios** on top. Carefully place the **salmon** onto the **rocket leaves** and serve.

Enjoy!