



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Zahtar Salmon with Fragrant Rice

Tonight we have made Middle Eastern cooking ultra simple using a traditional spice, Zahtar! Zahtar spice may be making its debut in your kitchen tonight, but we think it might be one to stay. This spice has a tangy, nutty flavour and is made up of thyme, sesame seeds and - the secret ingredient - sumac! Zahtar tastes amazing sprinkled over meat, veggies and salmon in particular; we hope you enjoy this taste sensation!

30 mins

2 of your 5 a day

mealkit



Courgette (1)



Garlic Clove (1)



Basmati Rice (175g)



Water (350ml)



Vegetable Stock Pot (1)



Salmon Fillet (2)



Zahtar Spice (1½ tsp)



Baby Spinach (1 bag)




Lemon (½)



Ground Coriander (1½ tsp)

2 PEOPLE INGREDIENTS

- Courgette, chopped **1**
- Garlic Clove, grated **1**
- Basmati Rice **175g**
- Water **350ml**
- Vegetable Stock Pot **1**
- Salmon Fillet **2**
- Zahtar Spice **1½ tsp**
- Baby Spinach **1 bag**
- Lemon **½**
- Ground Coriander **1½ tsp**

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

Did you know...

The sesame seeds in the zahtar spice are a good source of calcium, zinc, phosphorous and copper. They help keep your bones strong.

Allergens: Celery, Sulphites, Fish, Sesame.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	507 kcal / 2139 kJ	15 g	3 g	59 g	3 g	34 g	2 g
Per 100g	109 kcal / 459 kJ	3 g	1 g	13 g	1 g	7 g	0 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.

1



1 Remove the top and bottom from the **courgette**. Cut the **courgette** into four long strips. Chop each strip into 1cm chunks. Peel and grate the **garlic** (or use a garlic press if you have one).

4



2 Heat a frying pan over medium heat and add a splash of **oil**. When the **oil** is hot, add your **courgette** and cook for 3 mins. Add your **garlic** and cook for 1 minute more before adding the **basmati rice**. Stir to coat your **rice** in the **garlicky oil**.

3 Add the **water** (amount specified in the ingredient list) to the pan along with the **vegetable stock pot** and bring to the boil. Stir to make sure your **stock pot** dissolves. Once boiling, reduce the heat to medium, pop the lid on and cook for 10 mins.

4 Whilst your rice cooks, get on with the rest of your prep. Place the **salmon** (skin-side down) on a foil lined baking tray and sprinkle over half of the **zahtar spice**. Use your hands to make sure the **zahtar spice** is evenly spread over each **salmon fillet**. Season each **fillet** with a pinch of **salt** and keep to one side. Preheat your grill to its highest setting.

6



5 When your **rice** has been cooking for 10 mins, remove the pan from the heat, pop in the **baby spinach** and put the lid back on. Leave the pan to one side for 10 mins. The steam in the pan will finish cooking your **rice** and wilt your **spinach**.

6 Zest and juice the **lemon**. Mix the remaining **zahtar spice** with a pinch of **lemon zest** and 1 tbsp of **oil** per person. Season with a pinch of **salt** and stir well.

8



7 Put your **salmon** under your grill and cook for 8-10mins. **Tip:** *The salmon is cooked when the centre is opaque.* Once your salmon is cooked, remove the tray from under your grill and add a dash of **lemon juice**.

8 Finish your **rice** by mixing through the **ground coriander**. Taste and season with **salt** and **black pepper** if you feel it needs it. Add a dash of **lemon juice** and a pinch of **lemon zest** if it needs a bit of zing!

9 Serve your **salmon** on top of a bed of your **fragrant rice** and finish with a drizzle of your **zahtar dressing**. Enjoy!

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