



# Lemon and Herb Salmon

with bulgur wheat and charred courgette

Calorie Smart 40-45 mins • Eat me first

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Salmon



Lemon



Courgette



Cherry Tomatoes



Parsley



Vegetable Stock



Bulgur Wheat



Onion

Pantry Items: Oil, Salt, Pepper, Water

## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Zester, Lid, Medium Pot

## Ingredients

	2P	4P
Salmon	200 g	400 g
Lemon	½ unit	1 unit
Courgette	1 unit	2 units
Cherry Tomatoes	125 g	250 g
Parsley	5 g	10 g
Vegetable Stock	1 sachet	2 sachets
Bulgur Wheat	120 g	240 g
Onion	½ unit	1 unit

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	389.5 g	100 g
Energy (kJ/kcal)	1998.2 kJ/ 477.6 kcal	513 kJ/ 122.6 kcal
Fat (g)	16.6 g	4.3 g
Sat. Fat (g)	2.9 g	0.8 g
Carbohydrate (g)	55.8 g	14.3 g
Sugars (g)	5.8 g	1.5 g
Protein (g)	31.1 g	8 g
Salt (g)	1.1 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

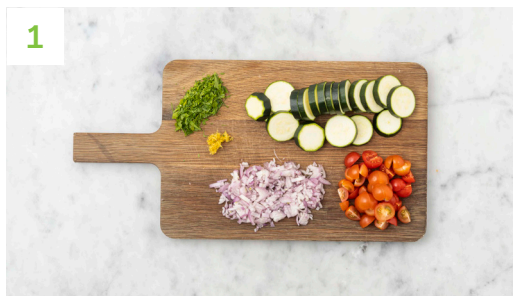
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
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## Get Prepped

- Halve, peel and chop the **onion**. Chop half (double for 4p) into small pieces.
- Zest half the **lemon** (double for 4p). Cut in half. Roughly chop **parsley** (stalks and all).
- Trim the **courgette** and slice into 1cm rounds. Quarter the **tomatoes**.
- In a large bowl, mix the **lemon zest, salt, pepper** and 1 tbsp **oil** (double for 4p).
- Add the **salmon**. Turn to coat and set aside. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



## Fry the Fish

- Return the (now empty) pan to high heat.
- Once hot, carefully place your **salmon** into the pan, skin-side down.
- Spoon over any remaining **oil** from the bowl.
- Cook for 4-5 mins then turn over and cook for 3-4 mins on the other side. **IMPORTANT:** The fish is cooked when opaque in the middle.

**TIP:** To get crispy skin on the fish don't move it around when it's cooking skin-side down.



## Cook the Bulgur

- Place a medium pot over medium heat with a drizzle of **oil**.
- Once hot, add the chopped **onion** and cook until soft, 3-4 mins. Stir often.
- Add 240ml **water** (double for 4p), stir in the **stock** and bring to the boil.
- Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.
- Cover the pot and remove from the heat. Leave aside for 12-15 mins or until ready to serve.

**TIP:** If you're in a hurry you can boil the water in the kettle.



## Finishing Touches

- Meanwhile, to a small bowl add 1½ tbsp **oil** (double for 4p), a squeeze of **lemon** juice and half the **parsley**.
- Season with **salt** and **pepper**.
- Mix well and set aside.
- Fluff up the **bulgur** with a fork.
- Stir through the **tomatoes**, chopped **courgette**, remaining **parsley** and a small squeeze of **lemon** juice.



## Char the Courgette

- Place a large pan over medium-high heat (no oil).
- When hot, add the **courgette** and cook until charred, 3-4 mins. Turn only every so often—this will allow the **courgette** to pick up a nice colour.
- Once cooked, season with **salt** and **pepper**.
- Transfer half the charred **courgette** to a bowl and cover to keep warm.
- Chop the remaining **courgette** into small pieces and set aside.



## Serve and Enjoy

- Share the **bulgur** between your plates, then top with the charred **courgette** rounds and crispy **salmon**.
- Taste and season with **salt, pepper** and more **lemon** juice if needed.
- Drizzle over the herby dressing to finish.

## Enjoy!