

# MARLEY SPOON



**FAST**

**HEALTHY**

## Salmon and Dill Freekeh

with Pickled Onion

 20min  4 Portions

Good to look at and good for you too, this salmon dish is a cinch to whip up. If you're new to freekeh, you'll love the slightly smoky flavour it imparts - it's made by roasting young, unthreshed wheat over fire and the process leaves it with a unique taste. Even when it's fully cooked it's still pleasantly chewy so don't expect it will be completely soft after the allotted cook time.

## What we send

- 4
- 1
- 7

## What you'll require

- Australian honey
- olive oil
- red wine vinegar <sup>17</sup>
- sea salt and pepper
- sugar
- water

## Utensils

- box grater
- foil
- large saucepan with lid
- mandoline (optional)
- oven tray
- sieve

Our vegies come fresh from the farm, so please wash them before use.

### Cooking tip

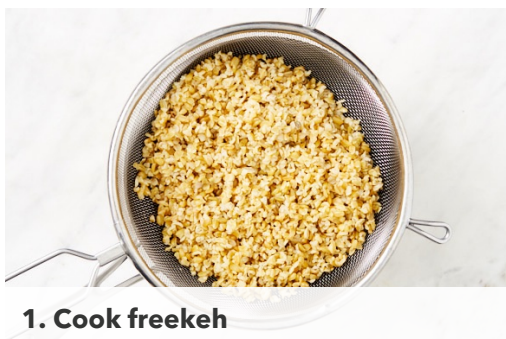
Cooking time may vary according to the thickness of the salmon fillets.

### Allergens

Gluten (1), Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens.

### Nutrition per serving

Energy 580kcal, Fat 23.2g, Carbs 57.8g, Proteins 37.3g



**1. Cook freekeh**

**Read through the recipe.** Rinse the **freekeh** well, then put in a large saucepan with **2L (8 cups) water** and bring to the boil. Reduce the heat to medium and cook, partially covered, for 15-18 mins or until tender. Drain. Transfer to a bowl.



**4. Cook salmon**

Line an oven tray with foil. Put the **salmon**, skin-side down, on the lined tray and grill for 4-5 mins or until cooked to your liking (see cooking tip). The salmon skin will stick to the foil. Use an egg slice to carefully remove the salmon from the skin. Discard the foil and skin.



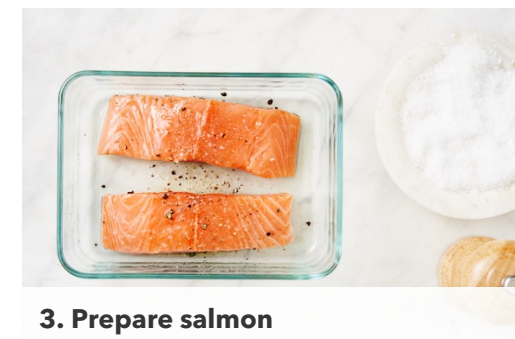
**2. Pickle onion**

Meanwhile, combine **1 tbs red wine vinegar**, a **large pinch of sugar** and **salt and pepper** in a bowl. Thinly slice the **onion** using a mandoline or sharp knife, then add to vinegar mixture and stir well. Set aside.



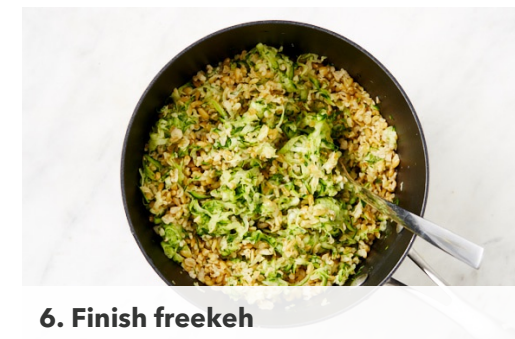
**5. Season yoghurt**

Season the **yoghurt** with **salt and pepper**.



**3. Prepare salmon**

Heat the grill to high. Put **1 tbs honey** and **2 tsp olive oil** in a shallow dish, season with **salt and pepper** and stir to combine. Add the **salmon** and turn to coat.



**6. Finish freekeh**

Coarsely grate the **zucchini** and squeeze out the excess water. Finely chop **half the dill**. Stir the **zucchini**, **chopped dill** and **1 tbs red wine vinegar** into the freekeh. Taste, then season with **salt and pepper**. Divide the **freekeh** and **salmon** among bowls, top with **yoghurt** and **pickled onion**, then scatter with the **remaining dill** to serve.