



# GRILLED COLEY

with Fennel Remoulade and Bulgur Salad



NUTRITIONIST APPROVED



## HELLO FENNEL

*Fennel is also a rich source of potassium which is important in maintaining regular blood pressure.*



Kale



Bulgur Wheat



Lemon



Dill



Ground Coriander



Coley Fillet



Fennel



Wholegrain Mustard



Mayonnaise



Capers

MEAL BAG

20 mins

2 of your 5 a day

Low in salt

Balanced

Under 550 calories

Low in sugar

Coley is a great tasting white fish with a similar meaty texture to cod making it a versatile ingredient to use in fresh recipes like this one. Its flaky texture works brilliantly with the crunchy fennel remoulade which is packed with fibre, Vitamin C and potassium, and the nutty bulgar wheat and kale mix. In order to obtain the nutrients from dark leafy kale, and to save time washing up, we've steamed it in the same pan as the bulgar wheat and fluffed it up with salt and pepper for a delicious side.

GET PREPARED!

Preheat your Grill to High.

# BEFORE YOU START

- 🔥 Preheat your Grill to High.
- 🧼 Wash the veggies.
- 📏 Make sure you've got a Measuring Jug, Large Saucepan (with a Lid), Baking Tray, some Foil, a Fine Grater and Mixing Bowl. Let's start cooking the Grilled Coley with Fennel Remoulade and Bulgur Wheat.



## 1 COOK THE BULGUR

- Pour the **water** (see ingredients for amount) into a large saucepan with a pinch of **salt** and bring to the boil.
- Stir in the **kale** and **bulgur**, bring back to the boil, pop a lid on and remove from the heat.
- Leave to the side for 12-15 mins or until ready to serve. Meanwhile line a baking tray with foil.



## 4 MAKE THE REMOULADE

- Meanwhile, cut the **fennel** in half lengthways, remove the triangle root in the middle (see pic), then thinly slice widthways.
- In a large bowl, mix the remaining **dill** with the **wholegrain mustard**, **mayonnaise** and **capers**. Add a squeeze of **lemon juice**. Add the **fennel** and use your hands to thoroughly combine. Season to taste with **salt** and **pepper**. Add more **lemon juice** if needed.



## 2 COLEY TIME

- Zest the **lemon** then chop into wedges. Roughly chop the **dill** (stalks and all). In a mixing bowl, combine the **lemon zest**, **ground coriander** and **half the dill** with a pinch of **salt** and **pepper** and a squeeze of **lemon juice**. Add the coley and use your hands to coat it in the mixture.
  - 🚫 **IMPORTANT:** Remember to wash your hands and equipment after handling raw fish.



## 5 FINISH UP

- Fluff up the **bulgur** with a fork. Season to taste with **salt** and **pepper** if needed.



## 3 GRILL THE COLEY

- Transfer the coley to the prepared tray and grill until cooked, 8-10 mins.
  - 🚫 **IMPORTANT:** The coley is cooked when opaque in the centre.



## 6 SERVE

- Divide the **kale** and **bulgur** between your plates and top with the **grilled coley**. Serve the **fennel remoulade** alongside.

# ENJOY!

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	200ml	300ml	400ml
Kale *	1 small bag	¾ large bag	1 large bag
Bulgur Wheat 13)	100g	150g	200g
Lemon *	½	1	1
Dill *	1 bunch	1 bunch	1 bunch
Ground Coriander	1 small pot	¾ large pot	1 large pot
Coley Fillet 4) *	2	3	4
Fennel *	1	1½	2
Wholegrain Mustard 9)	½ pot	¾ pot	1 pot
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
Capers	1 small pot	¾ large pot	1 large pot

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 241G	PER 100G
Energy (kJ/kcal)	1425 / 341	591 / 141
Fat (g)	15	6
Sat. Fat (g)	1	1
Carbohydrate (g)	41	17
Sugars (g)	4	2
Protein (g)	9	4
Salt (g)	0.43	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

4) Fish 8) Egg 9) Mustard 13) Gluten

🧼 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.

## 👍 THUMBS UP OR THUMBS DOWN?

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