

Enjoy this juicy salmon bake packed with Middle Eastern flavours!

Cooking Time: 30 min | Gluten-Free
Cals 800 | Prot 47 | Carbs 45 | Fat 46

Tips For Fussy Eaters

Season their salmon with salt only.
Serve with mashed potatoes and
glazed carrots.

Pro Tip

For an even more fragrant crust,
toast the almond flakes in a hot,
dry pan first.

Ingredients

For 2 For 3 For 4

For salmon

Skinless salmon fillet	350	525	700	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	1	2	2	Tbsp
Fresh coriander	15	15	15	Grams
Fresh parsley	15	15	15	Grams
Fresh mint	10	10	10	Grams
Almond flakes	30	45	60	Grams
Tahini	30	40	60	Grams
Water	30	45	60	ML
Lemon	1	1	1	Pieces
Pomegranate	1	1	2	Piece
Sumac	2	2	4	Grams
Pomegranate molasses	20	30	40	Grams

For carrots

Carrot	3	5	6	Piece
Salted butter	20	30	50	Grams
Honey	15	15	30	Grams
Salt	0.5	1	1	Tsp



1 Bake salmon

Preheat the oven to 200°C/180°C fan. Portion the **salmon**. Place the **salmon fillets** onto a lined baking tray, sprinkle with **salt** and **pepper** and drizzle with **olive oil**. Bake for 15 min until cooked through but slightly pink in the middle.



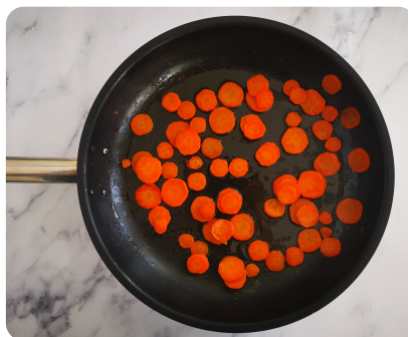
2 Boil carrots

Meanwhile, peel and slice the **carrots**. Bring a pan of water to a boil and cook the **carrots** for 8-10 min until tender, then drain. Chop the **fresh coriander, parsley** and **mint** leaves. Roughly chop the **almond flakes** (see pro tip). Combine the **almond flakes** and the chopped **herbs** in a bowl.



3 Prep toppings

Combine the **tahini** and **measured water** with 2/3/4 Tbsp of **lemon** juice. Halve the **pomegranate**. Hold each **pomegranate** half over a large bowl, seeds facing down and hit the skin with a wooden spoon, squeezing a little to release the seeds.



4 Glaze carrots

Heat a pan over a medium heat with the **salted butter**. Add the drained **carrots** and the **honey**. Cook, stirring, for 4-5 min until the **carrots** are glazed. Season with a pinch of **salt** and keep warm.



5 Finish

Spread the **tahini** sauce over the cooked **salmon**. Top with the **almond** and **herb** mix. Sprinkle with a pinch of **sumac** powder.



6 Serve

Divide the **pomegranate salmon** amongst plates. Drizzle with the **pomegranate molasses**. Top with the **pomegranate seeds**. Serve the glazed **carrots** on the side.



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