

Hummus-Dressed Salmon with Bulgur

Recipe By *Brynie Greisman*



Cooking and Prep:  30
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Serves:  4

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Nine Days

Diet: Pescetarian, Sugar Free

Source: Family Table by

Mishpacha Magazine,

Kosher.com Exclusive

My family loves chickpeas and we eat them in many different forms — even the aquafaba (the water in the can). Here I incorporated it both into the main dish and the side dish. Chummus on salmon — try it, you'll love it! **A Food Fight**, Round 8 recipe.

Ingredients (22)

Salmon

4 salmon fillets

Homemade Chummus

1/2 – 3/4 (16.9-oz./475-gr.) package **Gefen Organic Chickpeas**

Haddar Tahini, to taste

- fresh lemon juice, to taste (be generous)
 - salt, to taste
 - pepper, to taste
 - parsley, to taste
 - fresh garlic, to taste
 - paprika, to taste
 - additional spices of your choice, such as cumin, chili powder, or hot paprika
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Bulgur Salad

- 1 cup bulgur
 - 2 cups boiling water
 - 1/4 cup fresh lemon juice
 - 1 tablespoon **Gefen Olive Oil** or vegetable oil
 - salt, to taste
 - pepper, to taste
 - 2 scallions, chopped
 - 1 cup **Gefen Organic Chickpeas**
 - 2 generous handfuls fresh parsley, chopped
 - 1 large carrot, julienned
 - 1/2 avocado, cut into chunks
 - 1 tomato, diced
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Start Cooking

Prepare the Bulgur

1. Pour boiling water over bulgur in a heatproof bowl (you can also use broth or stock of your choice). Stir once. Cover and let steep for 15 minutes, or until soft. Drain excess liquid if

necessary.

2. In a small bowl, whisk together the lemon juice, oil, salt and pepper. Set aside.

Note:

Use the 1:2 ratio of bulgur to liquid. You may want to toast the bulgur in fat before hydrating it. This salad tastes equally good chilled, tepid or reheated. You should have plenty of leftovers to serve another time.

Prepare the Chummus

1. Place chickpeas in the food processor with knife attachment. Add tahini and seasonings of your choice and blend until the mixture is smooth but still has small pieces in it. Taste and adjust seasonings if necessary.

Bake

1. Smear the mixture generously over the top and sides of each piece of salmon. For extra flavor, split the slice of salmon lengthwise, almost to the end, and fill with a thin layer of chummus as well.
2. Arrange salmon in a pan lined with Gefen Easy Baking Parchment Paper. Bake for 15 minutes or until fish is cooked through. Use any leftover chummus as a delicious spread on crackers, pretzels, or bread.

To Serve

1. Mix bulgur and vegetables in a large bowl. Pour the dressing over the salad and stir to combine right before serving. Garnish with extra parsley, if desired. Serve at room temperature alongside chummus-topped salmon.