



Quick Ras-el-Hanout Prawns with Zhoug Bulgur Wheat and Greek Style Cheese

28

Calorie Smart 20 Minutes • Very Hot • 1 of your 5 a day • Under 650 Calories



Vegetable Stock Paste



Bulgur Wheat



Courgette



King Prawns



Ras-el-Hanout



Greek Style Salad Cheese



Zhoug Style Paste



Low Fat Natural Yoghurt



King Prawns

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Vegetable Stock Paste 10	10g	15g	20g
Bulgur Wheat 13	120g	180g	240g
Courgette**	1	2	2
King Prawns** 5	150g	225g	300g
Ras-el-Hanout	½ sachet	¾ sachet	1 sachet
Greek Style Salad Cheese** 7	50g	75g	100g
Zhoug Style Paste	50g	75g	100g
Low Fat Natural Yoghurt** 7	75g	99g	150g
King Prawns** 5	150g	225g	300g
Pantry	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	339g	100g	414g	100g
Energy (kJ/kcal)	2052/490	606/145	2272/543	549/131
Fat (g)	19.8	5.8	20.5	5.0
Sat. Fat (g)	6.0	1.8	6.2	1.5
Carbohydrate (g)	55.3	16.3	55.3	13.4
Sugars (g)	6.7	2.0	6.7	1.6
Protein (g)	26.5	7.8	38.2	9.2
Salt (g)	3.08	0.91	3.98	0.96

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

5 Crustaceans **7** Milk **10** Celery **13** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Cook the Bulgur Wheat

a) Pour the **water for the bulgur** (see pantry for amount) and the **veg stock paste** into a saucepan and bring to the boil.

b) Stir in the **bulgur**, bring back up to the boil and simmer for 1 min. Pop a lid on the pan and remove from the heat.

c) Leave to the side for 12-15 mins or until ready to serve.



Bring on the Prawns

a) Once the **courgette** has softened, add the **prawns** and **ras-el-hanout** (see ingredients for amount - add less if you'd prefer things milder) to the pan.

b) Mix well and season with **salt** and **pepper**.

c) Cook, stirring occasionally, until the **prawns** are cooked, 4-5 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*



Get Prepped

a) Meanwhile, trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.

b) Drain the **prawns**. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns.*

CUSTOM RECIPE

If you've chosen to double up on **king prawns**, cook the recipe in the same way



Combine and Stir

a) Meanwhile, crumble the **Greek style salad cheese** into small pieces.

b) When your **bulgur wheat** is ready, fluff it up with a fork and stir through the **zhoug paste** (add less if you'd prefer things milder).

c) Add the **cooked prawns** and **courgette** to the **bulgur** and gently mix together. Taste and season with **salt** and **pepper** if needed.



Fry the Courgette

a) Heat a drizzle of **oil** in a large frying pan on medium heat.

b) Once hot, add the **courgette**. Season with **salt** and **pepper**.

c) Fry, stirring occasionally, until softened, 3-4 mins.



Finish And Serve

a) Share the **ras-el-hanout prawns** and **bulgur** between your bowls.

b) Spoon over the **yoghurt** and scatter the **Greek style salad cheese** over the top to finish.

Enjoy!