



# Quick Chermoula Prawns

with Zhoug Bulgur 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



Chermoula Spice Mix



Greek Style Salad Cheese



Zhoug Style Paste



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. Ingredients in red are hot!

## Cooking tools

Saucepan, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Bulgur Wheat <b>13</b>	120g	180g	240g
Courgette**	1	2	2
King Prawns** <b>5</b>	150g	225g	300g
Chermoula Spice Mix	½ sachet	¾ sachet	1 sachet
Greek Style Salad Cheese** <b>7</b>	50g	75g	100g
Zhoug Style Paste	50g	75g	100g
King Prawns**	150g	225g	300g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Bulgur*	240ml	360ml	480ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	303g	100g	378g	100g
Energy (kJ/kcal)	1982 /474	655 /156	2202 /526	583 /139
Fat (g)	19.8	6.6	20.6	5.5
Sat. Fat (g)	6.0	2.0	6.2	1.6
Carbohydrate (g)	52.8	17.4	52.8	14.0
Sugars (g)	4.4	1.5	4.4	1.2
Protein (g)	24.7	8.1	36.4	9.6
Salt (g)	3.16	1.04	4.06	1.07

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

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## Cook the Bulgur

**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.

**c)** Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## 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**, prep and cook the recipe in the same way.



## 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.



## Bring on the Prawns

**a)** Once the **courgette** has softened, add the **prawns** and **chermoula spice mix** (see ingredients for amount, add less if you prefer things milder) to the pan.

**b)** Stir together 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.



## Combine and Stir

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

**b)** When your **bulgur** is ready, fluff it up with a fork and stir through the **zhoug style 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.



## Finish And Serve

**a)** Share the **zhoug bulgur** between your bowls and top with the **chermoula prawns**.

**b)** Scatter the **Greek style salad cheese** (see ingredients for amount) over the top to finish.

## Enjoy!

