

Spiced Chicken and Pepper Bulgur

with Tenderstem® Broccoli and Yoghurt

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







Bell Pepper







Bulgur Wheat

Garlic Clove



Vegetable Stock



Diced Chicken Thigh



Chermoula Spice



Harissa Paste



Greek Style Natural Yoghurt



Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your 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

Cooking tools

Kettle, garlic press, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	2	3	4
Bulgur Wheat 13)	120g	180g	240g
Vegetable Stock Paste 10)	10g	15g	20g
Diced Chicken Thigh**	210g	350g	390g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Harissa Paste 14)	50g	75g	100g
Greek Style Natural Yoghurt** 7)	75g	100g	150g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Boiled Water for the Bulgur*	240ml	360ml	480ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Mutrition

TACCITCION			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	345g	100g	370g	100g
Energy (kJ/kcal)	2441/583	708/169	2355 /563	636 /152
Fat (g)	23.9	6.9	16.2	4.4
Sat. Fat (g)	6.3	1.8	4.0	1.1
Carbohydrate (g)	60.8	17.6	60.6	16.4
Sugars (g)	9.8	2.8	9.8	2.7
Protein (g)	36.3	10.5	43.9	11.9
Salt (g)	2.00	0.58	1.99	0.54

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

7) Milk 10) Celery 13) Cereals containing gluten 14) Sulphites

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.

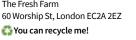
Contact

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







Get Prepped

- a) Boil a full kettle.
- b) Halve the bell pepper and discard the core and seeds. Chop into 2cm chunks.
- c) Cut the Tenderstem® broccoli into thirds.
- d) Peel and grate your garlic (or use a garlic press).



Bring on the Bulgur

- a) Heat a drizzle of oil in a saucepan on mediumhigh heat. Once hot, stir in the garlic and cook until fragrant, 1 min.
- b) Pour the boiled water for the bulgur (see pantry for amount) into the saucepan.
- c) Stir in the bulgur and veg stock paste, bring back up to the boil and simmer for 1 min.
- d) Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.
- e) Meanwhile, heat a drizzle of oil in a large frying pan on high heat.



Fry the Chicken and Spice

- a) Once the oil is hot, add the diced chicken, pepper chunks and chermoula spice mix (add less if you'd prefer things milder). Season with salt and **pepper**, then stir to combine.
- **b)** Fry until the **pepper** has softened and the **chicken** is golden brown and cooked through, 8-10 mins. Stir occasionally and lower the heat if needed. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get diced chicken breast instead of thigh, cook the recipe in the same way.



Add the Broccoli

- a) Once the chicken is cooked, add the **Tenderstem®** to the pan and stir-fry for 2-3 mins, then add a splash of **water**.
- **b)** Pop a lid on the pan, or cover in some foil. Cook until tender, a further 2-3 mins.
- c) Season with salt and pepper.



Combine and Stir

- a) Once the **bulgur** is cooked, fluff it up with a fork.
- **b)** Stir through the **harissa paste** (add less if you'd prefer things milder).
- c) Add the harissa bulgur to the chicken and veg pan, then gently mix together until combined. Taste and add **salt** and **pepper** if needed.



Serve

- a) Spoon the chicken and veg bulgur into your bowls.
- b) Finish with a dollop of yoghurt.

Enjoy!



