

# Harissa Chicken on Jewelled Bulgur

with Charred Courgette and Mint Yoghurt









**Garlic Clove** 



Courgette



Medium Tomato







**Dried Cranberries** 



Chicken Stock Paste



**Bulgur Wheat** 



Diced Chicken



Harissa Paste



Low Fat 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 are hot!

## Cooking tools

Garlic press, fine grater, saucepan, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P		
Garlic Clove**	2	3	4		
Courgette**	1	2	2		
Medium Tomato	1	2	2		
Mint**	1 bunch	1 bunch	1 bunch		
Lemon**	1	1	1		
Dried Cranberries	30g	30g	30g		
Chicken Stock Paste	10g	15g	20g		
Bulgur Wheat 13)	120g	180g	240g		
Diced Chicken Thigh**	210g	350g	390g		
Harissa Paste 14)	37g	50g	75g		
Low Fat Natural Yoghurt** 7)	75g	150g	150g		
Diced Chicken Breast**	260g	390g	520g		
Pantry	2P	3P	4P		
Water for the Bulgur*	220ml	330ml	440ml		
*Not Included **Store in the Fridge					

#### Mutrition

Nuclicion			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	596g	100g	621g	100g
Energy (kJ/kcal)	2456 / 587	412/99	2368 /566	382/91
Fat (g)	19.0	3.2	11.2	1.8
Sat. Fat (g)	4.3	0.7	2.0	0.3
Carbohydrate (g)	76.0	12.8	75.8	12.2
Sugars (g)	22.2	3.7	22.2	3.6
Protein (g)	36.3	6.1	43.9	7.1
Salt (g)	1.71	0.29	1.70	0.27

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

## Allergens

7) Milk 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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

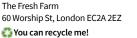
#### Contact

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## **Get Prepped**

Peel and grate the garlic (or use a garlic press).

Trim the courgette, then cut into small 2cm chunks. Chop the tomato into 1cm pieces.

Pick the mint leaves from their stalks and roughly chop (discard the stalks). Roughly chop the cranberries.

Zest and halve the **lemon**.



# Cook the Bulgur

Heat a drizzle of oil in a large saucepan on medium-high heat.

Once hot, add **half** the **garlic** and cook for 1 min.

Pour the water for the bulgur (see pantry for amount) into the pan, add the chicken stock paste and bring to the boil. Stir in the bulgur and cranberries, bring it back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Set aside for 12-15 mins or until ready to serve.



## Char the Courgette

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the courgette and cook until charred, 6-8 mins total. Turn every couple of mins - this will result in the courgette picking up some nice colour.

Once cooked, season with salt and pepper, then transfer to a bowl.

Pop the (now empty) frying pan back on medium-high heat with a drizzle of oil.



# Fry the Chicken

Once the oil is hot, add the diced chicken to the pan and season with salt and pepper.

Fry until golden brown on the outside and cooked through, 8-10 mins. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

Add the remaining garlic and fry for 1 min more.

#### **CUSTOM RECIPE**

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



# **Finishing Touches**

Once the **chicken** is cooked, remove from the heat and let it cool slightly. Stir the harissa paste (add less if you'd prefer things milder) and a squeeze of lemon into the pan to coat the chicken.

Once cooked, fluff up the **bulgur** using a fork and mix in the charred courgette, tomatoes, lemon zest and half the mint.

Pop the **yoghurt** and remaining **mint** into a small bowl. Season with salt and pepper, then mix together.



## Serve

Serve the **jewelled bulgur** in bowls and top with the harissa chicken.

Add a dollop of mint yoghurt to finish.

Enjoy!