



Harissa Chicken on Cranberry Bulgur

with Spinach and Baby Leaf Salad

24

Calorie Smart 20-25 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Chicken Stock Paste



Bulgur Wheat



Dried Cranberries



Diced British Chicken Thigh



Garlic Clove



Red Wine Vinegar



Tomato Puree



Harissa Paste



Baby Spinach



Baby Leaf Mix



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil

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

Saucepan, lid, frying pan, garlic press and bowl.

Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	25g	35g	50g
Bulgur Wheat 13	120g	180g	240g
Dried Cranberries	30g	45g	60g
Diced British Chicken Thigh**	240g	390g	520g
Garlic Clove**	2	3	4
Red Wine Vinegar 14	12ml	18ml	24ml
Tomato Puree	30g	45g	60g
Harissa Paste 14	50g	75g	100g
Baby Spinach**	40g	100g	100g
Baby Leaf Mix**	20g	50g	50g

Diced British Chicken Breast**	240g	390g	520g
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Pantry	2P	3P	4P
Water for the Bulgur*	220ml	330ml	440ml
Olive Oil for the Dressing*	½ tbsp	1 tbsp	1 tbsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	461g	100g	461g	100g
Energy (kJ/kcal)	2636 / 630	572 / 137	2374 / 568	516 / 123
Fat (g)	24.7	5.4	14.6	3.2
Sat. Fat (g)	5.0	1.1	2.0	0.4
Carbohydrate (g)	67.3	14.6	67.0	14.5
Sugars (g)	17.1	3.7	17.1	3.7
Protein (g)	39.3	8.5	42.1	9.1
Salt (g)	3.23	0.70	3.17	0.69


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

Allergens

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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Get Started

- Pour the **water for the bulgur** (see pantry for amount) into a large saucepan.
- Stir in the **chicken stock paste** (15g/20g/30g - you'll use the rest later) and bring to the boil.
- Stir in the **bulgur**, bring back up to the boil and simmer for 1 min. Stir the **cranberries** into the **bulgur**, pop a lid on the pan and remove from the heat.
- Leave to the side for 12-15 mins or until ready to serve.



Build the Flavour

- Once the **chicken** is cooked, stir in the **garlic**, **tomato puree** and **harissa paste** (add less if you'd prefer things milder) and cook until fragrant, 1 min.
- Pour in the **water for the sauce** (see pantry for amount) and the remaining **chicken stock paste**. Add a pinch of **sugar** (if you'd like).
- Stir and bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** 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.*

CUSTOM RECIPE

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



Final Touches

- Once thickened, stir the **spinach** into the **chicken** pan a handful at a time until wilted and piping hot, 1-2 mins.
- When ready, fluff up the **bulgur** with a fork. Spoon **half** of the **dressing** over the **bulgur** and stir through.
- Toss the **baby leaves** through the remaining **dressing**. **TIP:** *Don't add the leaves too early or they'll go soggy.*



Make the Dressing

- While the **chicken** cooks, peel and grate the **garlic** (or use a garlic press).
- In a large bowl, combine the **red wine vinegar**, **olive oil for the dressing** (see pantry for amount) and a good pinch of **sugar** (if you'd like).
- Season with **salt** and **pepper**. Leave your **dressing** aside for now.



Serve

- Share the **cranberry bulgur** between your bowls.
- Spoon the **harissa chicken** and **spinach** over the top.
- Serve the **dressed baby leaf salad** alongside.

Enjoy!