



# Turkish Inspired Chicken and Bulgur with Parsley and Yoghurt

Classic 25-30 Minutes • 1 of your 5 a day

48



Baby Plum Tomatoes



Garlic Clove



Red Onion



British Chicken Breasts



Roasted Spice and Herb Blend



Tomato Puree



Bulgur Wheat



Chicken Stock Paste



Flat Leaf Parsley



Greek Style Natural Yoghurt

#### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Honey,

## Before you start

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

## Cooking tools

Bowl, garlic press, frying pan, baking tray, aluminium foil, saucepan and lid.

## Ingredients

Ingredients	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	2	3	4
Red Onion	1	1½	2
British Chicken Breasts**	2	3	4
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Bulgur Wheat <b>13</b>	120g	180g	240g
Chicken Stock Paste	10g	15g	20g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Greek Style Natural Yoghurt** <b>7</b>	75g	150g	150g

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Honey*	¼ tbsp	½ tbsp	½ tbsp
Water for the Bulgur*	220ml	330ml	440ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	539g	100g
Energy (kJ/kcal)	2391/572	443/106
Fat (g)	13.9	2.6
Sat. Fat (g)	4.5	0.8
Carbohydrate (g)	66.0	12.2
Sugars (g)	15.3	2.8
Protein (g)	50.5	9.4
Salt (g)	1.58	0.29

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


## Allergens

**7) Milk 13)** Cereals containing gluten

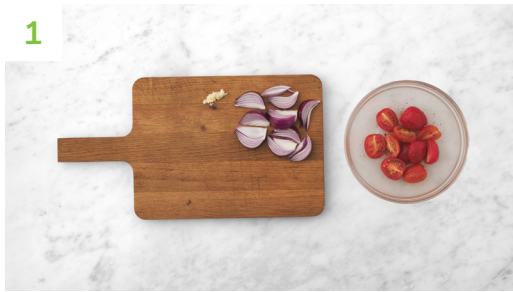
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

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.

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

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## Start Prepping

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve the **baby plum tomatoes**.

In a medium bowl, combine the **tomatoes** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**. Set aside.

Peel and grate the **garlic** (or use a garlic press). Halve and peel the **red onion**, then cut each **half** into 5 wedges.



## Bulgur Time

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium heat.

Once hot, add the **tomato puree** and the remaining **garlic**. Stir-fry for 30 secs.

Pour in the **water for the bulgur** (see pantry for amount), stir in the **chicken stock paste** and bring to the boil. 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. Leave to the side for 12-15 mins or until ready to serve.



## Sear the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season both sides of the **chicken** with **salt** and **pepper**.

Once hot, lay the **chicken** into the pan and cook until browned, 5 mins each side.

Once browned, pop the **chicken** onto a baking tray along with the **onion**. Sprinkle on the **roasted spice and herb blend** and a drizzle of **oil**. Add the **honey** (see pantry for amount) and **half** the **garlic**.

Toss together to coat. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



## Add the Parsley

Meanwhile, roughly chop the **parsley** (stalks and all).

When the **bulgur** is cooked, stir through **half** the **chopped parsley**.

Taste and season with **salt** and **pepper** if needed.



## Time to Roast

Roast the **chicken** and **onion** on the top shelf of your oven until cooked through and the **onion** is soft, 10-12 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

When cooked, remove from your oven, cover with foil and allow to rest for a couple of mins.



## Finish and Serve

When everything's ready, slice the **chicken** into 1cm thick slices.

Share the **bulgur** between your bowls, then spoon over the **tomatoes** and the **juices** from the bowl.

Top with the **roasted onion** and **sliced chicken**.

Drizzle over the **yoghurt** and sprinkle over the remaining **parsley**.

Enjoy!