



Quick Spiced Chicken and Pepper Bulgur with Tenderstem® Broccoli and Yoghurt

Quick 20 Minutes • **Medium Spice** • 1 of your 5 a day

15



Bell Pepper



Tenderstem®
Broccoli



Garlic Clove



Bulgur Wheat



Vegetable Stock
Paste



Diced British
Chicken Thigh



Roasted Spice
and Herb Blend



Harissa Paste



Greek Style Natural
Yoghurt



Diced British
Chicken Breast

Pantry Items
Oil, Salt, Pepper

↔ **Swap to Chicken Breast**

If you chose to swap to chicken breast,
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

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

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 | 10g | 15g | 20g |
| Diced British Chicken Thigh** | 190g | 350g | 390g |
| Roasted Spice and Herb Blend | 1 sachet | 1 sachet | 2 sachets |
| Harissa Paste 14 | 50g | 75g | 100g |
| Greek Style Natural Yoghurt** | 75g | 100g | 150g |
| Diced British Chicken Breast** | 260g | 390g | 520g |
| Pantry | 2P | 3P | 4P |
| Boiled Water for the Bulgur* | 220ml | 330ml | 440ml |

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

Nutrition

| Typical Values | Per serving | Per 100g | Custom Recipe | |
|-------------------------|-------------|----------|---------------|----------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 455g | 100g | 480g | 100g |
| Energy (kJ/kcal) | 2435/582 | 535/128 | 2347/561 | 489/117 |
| Fat (g) | 23.9 | 5.3 | 16.1 | 3.4 |
| Sat. Fat (g) | 6.3 | 1.4 | 4.0 | 0.8 |
| Carbohydrate (g) | 60.4 | 13.3 | 60.2 | 12.5 |
| Sugars (g) | 10.3 | 2.3 | 10.3 | 2.2 |
| Protein (g) | 36.2 | 8.0 | 43.8 | 9.1 |
| Salt (g) | 1.82 | 0.40 | 1.80 | 0.38 |

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, 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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The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Prepped

- Boil a full kettle.
- Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks. Cut the **Tenderstem® broccoli** into thirds, cutting any thick stems lengthways.
- Peel and grate your **garlic** (or use a garlic press).
- Meanwhile, heat a drizzle of **oil** in a saucepan on medium-high heat. Once hot, stir in the **garlic** and cook until fragrant, 1 min.



Add the Tenderstem®

- Once the **chicken** is cooked, add the **Tenderstem®** to the pan and stir-fry for 2-3 mins, then add a splash of **water**.
- Pop a lid on the pan, or cover in some foil. Cook until tender, a further 4-6 mins.
- Season with **salt** and **pepper**.



Bring on the Bulgur

- Pour the **boiled water for the bulgur** (see pantry for amount) into the saucepan.
- Stir in the **bulgur** and **veg stock paste**, 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.
- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.



Combine and Stir

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



Fry the Chicken and Spice

- Once the **oil** is hot, add the **diced chicken**, **pepper chunks** and the **roasted spice and herb blend**. Season with **salt** and **pepper**, then stir to combine.
 - 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.

↔ Swap to Chicken Breast

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



Serve

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

Enjoy!