



Harissa Cranberry Chicken on Bulgur

with Spinach

24

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



Chicken Stock Paste



Bulgur Wheat



Diced British Chicken Breast



Garlic Clove



Dried Cranberries



Harissa Paste



Tomato Passata



Baby Spinach



Designed by our chefs for a balanced lifestyle, this Harissa Cranberry Chicken on Bulgur hits the spot. Harissa is widely used in Middle Eastern and North African cuisine, containing dried chillies, star anise, cumin and coriander.

Pantry Items
Oil, Salt, Pepper

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 and garlic press.

Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	25g	35g	50g
Bulgur Wheat 13	120g	180g	240g
Diced British Chicken Breast**	240g	390g	480g
Garlic Clove**	2	3	4
Dried Cranberries	30g	45g	60g
Harissa Paste 14	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Baby Spinach**	40g	100g	100g
Pantry	2P	3P	4P
Water for the Bulgur*	220ml	330ml	440ml
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2379/568	469/112
Fat (g)	12.9	2.5
Sat. Fat (g)	1.8	0.4
Carbohydrate (g)	70.9	14.0
Sugars (g)	19.2	3.8
Protein (g)	42.5	8.4
Salt (g)	3.47	0.68

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.

Contact

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Cook the Bulgur

- Pour the **water for the bulgur** (see pantry for amount) into a large saucepan.
- Stir in **two thirds** of the **chicken stock paste** and bring to the boil.
- Stir in the **bulgur** and a drizzle of **oil** (if you'd like) 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.



Simmer Simmer

- Pour in the **passata**, **water for the sauce** (see pantry for amount) and the remaining **chicken stock paste**.
- Stir in the **cranberries** and 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.*



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.



Add the Flavour

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **cranberries**.
- Once the **chicken** is cooked, stir in the **garlic**, **harissa paste** (add less if you'd prefer things milder) and cook until fragrant, 1 min.



Serve

- Share the **bulgur** between your bowls.
- Spoon the **harissa cranberry chicken and spinach** over the top.

Enjoy!