



Prawn and Chickpea Bulgur Salad with Mangetout and Zhoug

Rapid 20 Minutes • Mild Spice • 2 of your 5 a day

6



Red Onion



Vegetable Stock Paste



Bulgur Wheat



Garlic Clove



Mangetout



King Prawns



Chickpeas



Chilli Flakes



Zhoug Style Paste



King Prawns

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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.

Cooking tools

Saucepan, lid, garlic press, sieve, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Vegetable Stock Paste 10)	10g	15g	20g
Bulgur Wheat 13)	110g	180g	240g
Garlic Clove**	1	2	2
Mangetout**	80g	150g	150g
King Prawns** 5)	150g	225g	300g
Chickpeas	1 carton	1½ cartons	2 cartons
Chilli Flakes	1 pinch	1 pinch	2 pinches
Zhoug Style Paste	1 sachet	1½ sachets	2 sachets
King Prawns** 5)	300g	450g	600g

Pantry	2P	3P	4P
Water for the Bulgur*	220ml	360ml	480ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	385g	100g
Energy (kJ/kcal)	2222/531	577/138
Fat (g)	17.1	4.5
Sat. Fat (g)	2.4	0.6
Carbohydrate (g)	65.9	17.1
Sugars (g)	8.4	2.2
Protein (g)	28.0	7.3
Salt (g)	2.88	0.75

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	460g	100g
Energy (kJ/kcal)	2441/584	530/127
Fat (g)	17.9	3.9
Sat. Fat (g)	2.6	0.6
Carbohydrate (g)	65.9	14.3
Sugars (g)	8.4	1.8
Protein (g)	40.0	8.7
Salt (g)	3.78	0.82

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5) Crustaceans **10)** Celery **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, 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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Fry the Onion

- Halve, peel and chop the **red onion** into small pieces.
- Heat a drizzle of **oil** in a medium saucepan on medium-high heat.
- Once hot, add the **onion** and cook, stirring frequently, until softened, 3-4 mins.



Cook the Prawns

- About 5 mins before the **bulgur wheat** is ready, heat a drizzle of **oil** in a large frying pan on medium-high heat. Drain the **prawns** and pat dry with kitchen paper.
- Once hot, add the **prawns, mangetout** and a pinch of **chilli flakes** (add less if you'd prefer things milder). **IMPORTANT:** Wash your hands and equipment after handling raw prawns.
- Cook, stirring, until the **prawns** are almost cooked and the **mangetout** is tender, 3-4 mins.

CUSTOM RECIPE

If you've chosen to double up on **king prawns**, cook the recipe in the same way.



Cook the Bulgur

- Pour the **water for the bulgur** (see pantry for amount) into the saucepan with the **onion**, then stir in the **vegetable 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.



Bring on the Garlic

- Add the **garlic** and cook, stirring, until the **prawns** are cooked, 1 min. Season with **salt** and **pepper**. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve the **mangetout** widthways.
- Drain and rinse the **chickpeas** in a sieve.



Finish and Serve

- Once the **bulgur** is cooked, fluff up with a fork and stir through the **chickpeas**.
- Stir in the **zhoug style paste**, then taste and season with **salt** and **pepper**.
- Share the **chickpea bulgur** between your bowls and top with the **prawns** and **mangetout**.

Enjoy!