



# Prawn and Chickpea Bulgur Salad with Mangetout and Zhoug

**Rapid** 20 Minutes • Medium Spice • 2 of your 5 a day

6



Red Onion



Chickpeas



Vegetable Stock Paste



Bulgur Wheat



Garlic Clove



Mangetout



King Prawns



Roasted Spice and Herb Blend



Zhoug Style Paste

**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.

## Cooking tools

Sieve, saucepan, lid, garlic press, kitchen paper and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Chickpeas	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Bulgur Wheat <b>13)</b>	120g	180g	240g
Garlic Clove**	1	2	2
Mangetout**	80g	150g	150g
King Prawns** <b>5)</b>	150g	225g	300g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Zhoug Style Paste	50g	75g	100g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Bulgur*	240ml	360ml	480ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2335 /558	591 /141
Fat (g)	17.4	4.4
Sat. Fat (g)	2.4	0.6
Carbohydrate (g)	71.4	18.1
Sugars (g)	8.5	2.2
Protein (g)	29.0	7.3
Salt (g)	2.98	0.76

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

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### Fry the Onion

- Halve, peel and chop the **red onion** into small pieces. Drain and rinse the **chickpeas** in a sieve.
- 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 the **roasted spice and herb blend** to the pan. **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.



### Cook the Chickpea 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 **chickpeas**. 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.



### Add 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.



### Finish and Serve

- Once the **bulgur** is cooked, fluff up with a fork.
- Stir in the **zhoug style paste** (add less if you'd prefer things milder), then taste and season with **salt** and **pepper**.
- Share the **bulgur** between your bowls and top with the **prawns** and **mangetout**.

### Enjoy!